FOOD

FROM

POLAND.

Nos. 19-23 1968-70

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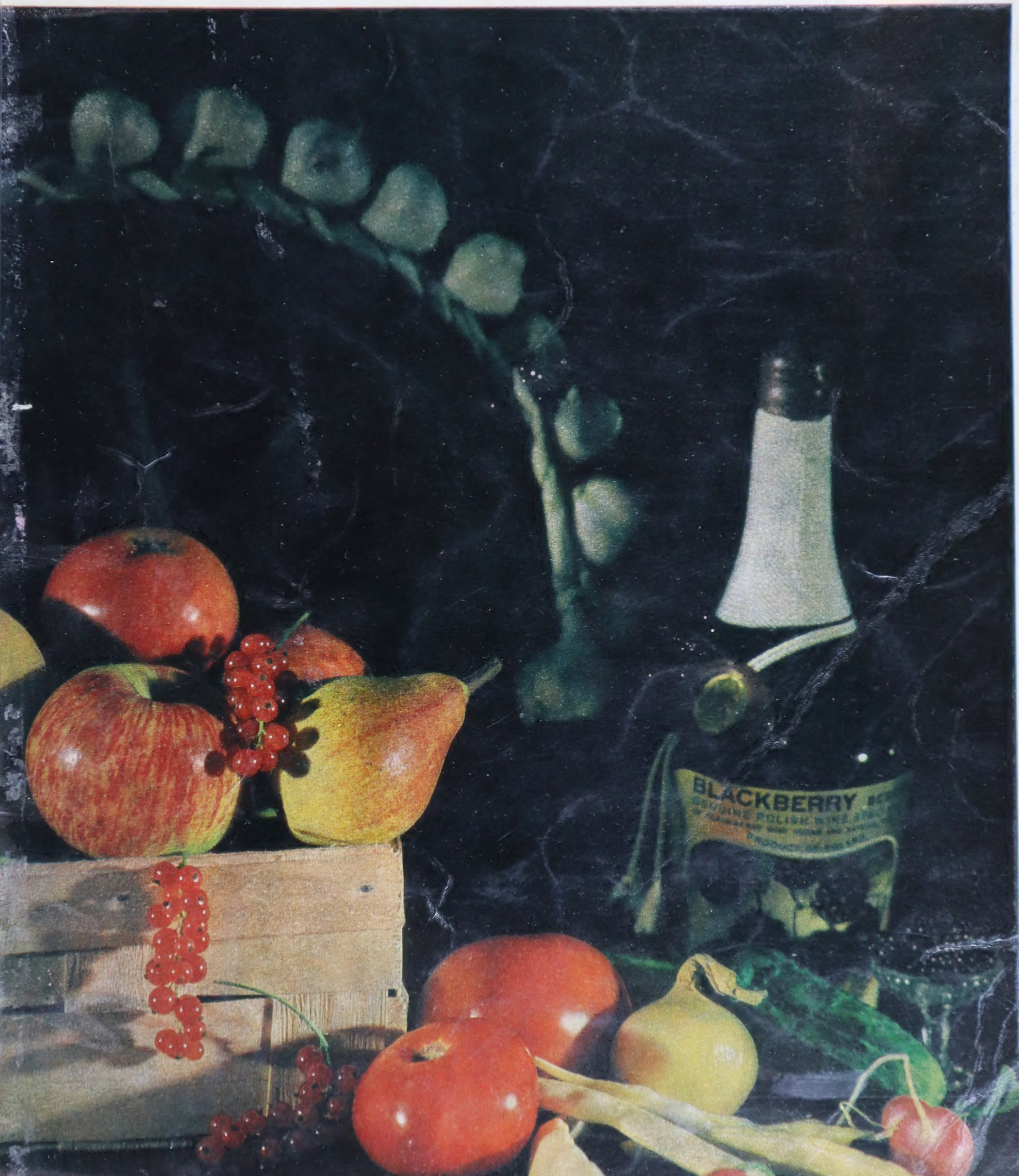
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Review of exports of agricultural products and foodstuffs No 3 (19)

FOOD

from Poland



FOOD from Poland

YEAR IV WARSZAWA 1968 3 (19)

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about 30 minutes. Whip 2 eggs, 2 packets of vanilla sugar, grated peel of 1 lemon and 5 dkg sugar and blend in 1/4 liter sour cream. Pour the blend over the tart 10 minutes before it bakes and keep in the oven for another ten minutes.

Note: The cake pan should be large one of 28 cm diameter so that the layer would be very thin.

Filled Apple Cookies

35 dkg flour, 30 dkg margarine, 1 and a half egg, 4 dkg sour cream, salt, 3 dkg flour for sprinkling, 50 dkg apples, egg white to glue the edges, powder sugar with vanilla for sprinkling.

Cut the butter into the flour, make a hollow, add yolks, salt, sour cream and blend with a knife. Make a dough from all the ingredients, put it on a plate sprinkled with flour — put aside in a cool place. Pare, divide and core apples. Roll out the douhg to a thickness of 3/4 cm. Cut rounds with a scalloped cookie cutter, trying to have as few scraps left as possible. Put a piece of apple on each round with the rim of the apple to the rim of the round, cover it with another round in such a manner as to leave half of the round open, press the other half together, spreading a little white of the egg along the edge so that it sticks. Put on a tin, brush the top with an egg. Bake in a very hot oven to a light golden color. Sprinkle them with sugar mixed with vanilla after they are baked.

Cut Cookies

Beat 12.5 dkg margarine with 12.5 dkg sugar and 3 eggs. Add grated lemon peel, juice of 1 lemon and a teaspoon of baking powder and 25 dkg flour — sifted together. Put dough on a greased tin, spread the top with one tablespoon of melted margarine and 2 tablespoons of sugar mixed with ground cinnamon. Sprinkle with 5 dkg peeled almonds cut into shavings. Bake at a temperature of 200°C for about 20 minutes. Cut cake while hot.

Marshmallow Cake

Blend two eggs with a glass of sugar Melt 2 tablespoons honey (may be artificial honey) with 5 dkg margarine in a saucepan, then mix with 3 tablespoons sour cream. After removing from fire mix into the blended eggs and sugar, add 60 dkg sifted flour with a teaspoon of baking soda and vanilla sugar. After kneading the dough, divide into three equal parts. Knead one teaspoon cocoa into one part. Roll out each part as thinly as possible, put on a greased pan (each part separately) and bake about 5 minutes in a moderate luke-warm oven. It should be soft and of a light golden color after baking.

Cream filling : Boil 2 tablespoons of cream-of-wheat in half a liter of milk, salting it slightly. Chill. Blend 2 glasses of powder sugar into 20 dkg margarine ; them blend in the cream-of-wheat, a teaspoon at one time until the entire quantity is blended in. Spread the cream between the three rounds (the cocoa one in the middle) and ice the top or spread it with the same cream on top.

Meringues

Whip several egg whites (a glassful), but not stiff, only when it becomes white. Pour in a glass of granulated sugar and continue to beat long and well until it begins to glitter. Then add a second glass of granulated sugar and beat until the egg whites begin to break apart. Blend a teaspoon of potato flour into the meringue. Put portions of the meringue (1 tablespoon) on buttered wax paper and bake it in a heated (but not very hot) oven. They should be white after being baked.

When the meringues cool, glue them together with a cream used for layer cakes.

Do We Know How To Boil Vegetables?

We begin with a very careful washing of vegetables (best done with a scrubbing brush), then we rinse them under running water.

Inasmuch as most of the "treasures" in the form of vitamins, mineral salts, proteins, etc. are generally under the skin, we try to pare vegetables as thinly as possible (whenever you can, boil with the skin). Rinse again after paring. New potatoes and young vegetables are best steamed (with the exception of green vegetables).

If vegetables are boiled in water, remember that they should be put into boiling water. There should not be too much water so that after boiling the vegetables, there would be almost none left to drain off. The rest of the water, which may remain — can be used for soup or sauce because vitamins from group B remain in the water. We boil on a very high flame under cover. Cabbages are an exception. They should not be covered so that the volatile oils can steam off and would not spoil the taste or aroma of the dish.

Shredded vegetables boil the quickest. For instance whole beets must boil about 96 minutes, sliced — about 21 minutes, and ahredded on a grater — about 17 minutes. The same concerns kohlrabi, carrots, etc.

It is well to add a bit of fat (butter, soya oil, lard) to green, yellow or orange-coloured vegetables, since vegetables of these colours have carotene (provitamin A), which dissolves in fats and is as if "preserved" in them. The same concerns other vitamins soluble in fats, such as vitamin D, E, K, F.

Vegetable dishes are divided into several groups as depending on the way they are prepared :

1. Boiled vegetables, served with butter such as.: cauliflower, asparagus, and also potatoes.
2. Steamed vegetables, that is boiled on steam, in special kettles or simply on a sieve or a collander.
3. Floured vegetables, that is sprinkled slightly with flour after being boiled, adding a little butter. When prepared in this way they are most digestible and therefore they can be served to children, and also to persons who are on a diet.
4. Vegetables with cream : prepared as above, to which sour cream is added before serving. Butter is not necessary.
5. Vegetables with browned flour and butter — the least reasonable way of preparing, the worse the more browned the flour and butter are (burnt fat and flour). It is better to brown flour with oil to a light colour and thin it with milk. The vegetable then gains in taste and retains more nutritive values.



You may have seen the above trademark, three P's in an oval emblem, on various export products manufactured by the Meat Processing Establishment in Płock. The establishment specializes in the production of bacon and ham products with the trademark PEK which enjoy wide acclaim on the British market. Another line of their production is meat preserves and sausages bearing the trademark YANO so popular and well-liked on the German market.

The Manager of the factory, Mr. Henryk Pietryszyn, invites us to make a tour of the establishment's production departments.

From a contemporary styled administrative building we walk towards spacious production buildings.

Why is it that both bacon and hams as well as tinned meat and other meat products made in Płock enjoy such wide popularity among foreign importers and consumers? — We ask Mr. Pietryszyn.

— A decisive factor in fluencing our production and export of bacon and other products **is the quality of livestock** — comments our host.

— In our country pig breeding is an occupation of thousands of individual farmers. From their farms we receive excellent, full-bodied stock. Notwithstanding the results already achieved, the livestock farms continue to exert efforts to improve the quality of slaughter animals. Also working with this aim in mind are our contracting agents, Veterinary Service, and the National Union of Pig Breeders. Through their services farmers receive species for selective breeding, thus bringing ever improving material for processing.

— Apart from this, all meat processing factories in this country, including the Płock establishment, provide farmers with advisory assistance on rational feeding and breeding. Advancement in pig breeding permits a continual raising of requirements with regard to the quality of ani

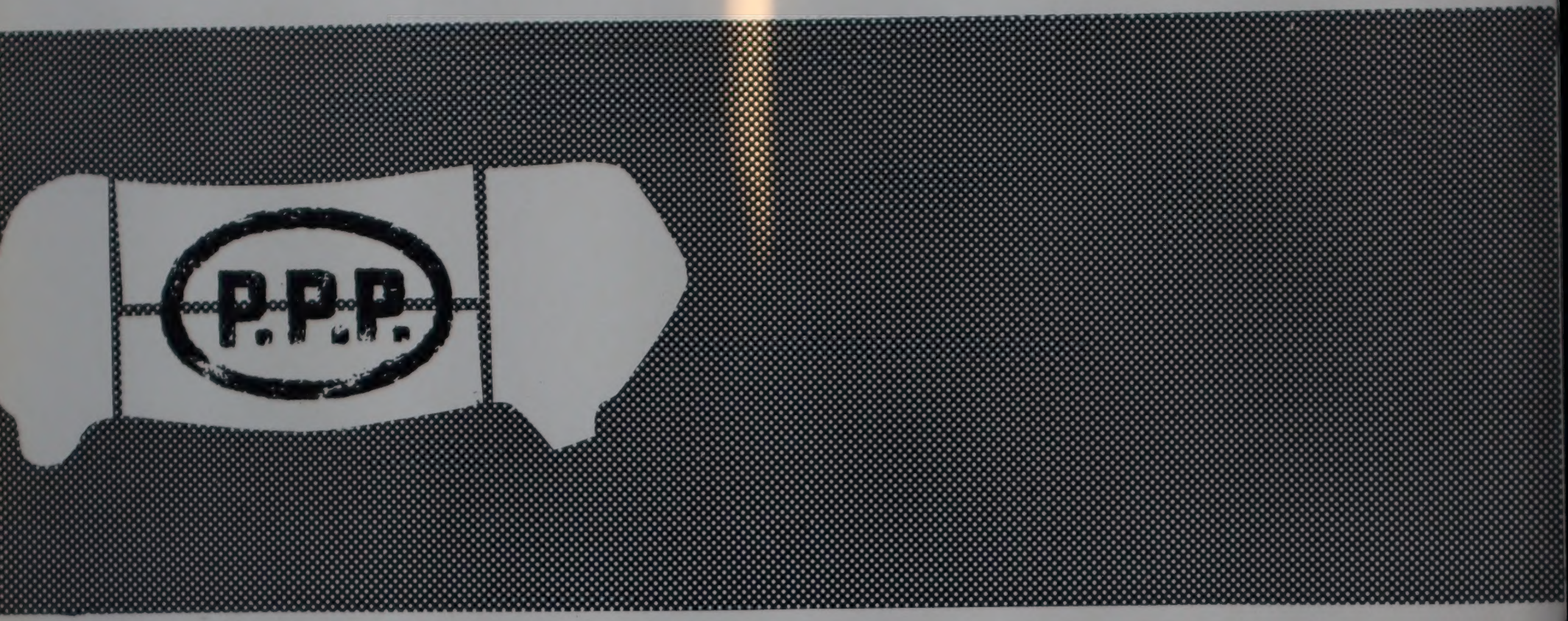
ls delivered by farmers and thus permanent improve-
nt of our final products, e.g. ham, bacon and other
orts.

I would like to emphasize that **for the production of con only well-fleshed animals are chosen,** foremostly the "large white" strain or crossbreds from "large whi-' and a domestic fleshy breed. For other tinned and ocessed meats the factory uses the most suitable cuts. ır policy is that good material makes a good product. ter passing clean, well ventilated pig sties, we reach the oduction departments. In the first of them a conveyor nsports carcasses to further processing. Mechanical noval of bristles, selection of bacon and ham cuts and opping operations — these are subsequent stages.

Long experience of our personnel and up-to-date hnology of production — says the Manager — are less important for improving the quality of our pro-cts. The majority of our foremen and leading personnel have many years, sometimes over 30 years, of practice. Their skill and **recipies tested over a period of years,** combined with a modern, highly mechanized process of production undoubtedly contribute to the appetizing appearance, delicious flavour and aroma of hams, sausages, preserves and bacon exported from Poland.

The technology applied by the Polish meat processing establishments making hams and shoulders of ham of the "Oblong" and "Pullman" types has the following characteristics:

— fully mechanical processing of the meat on conveyor lines;
— manual or mechanical intramuscular injection;
— pickling in mobile metal containers;
— application of an improved method for shaping under pressure of some 10 atmospheres;
— thermic processing in overpressurized autoclaves.
— It is worth mentionning, says Mr. Pietryszyn, that after



application of the new technology, along with an increase in production we noted a considerable improvement in the quality of our hams.

* * *

In the spacious ham production department there are several rows of long narrow tables with a high machine at the end of each. On the tables are scales and next to them meat for hams and preserves. Also prepared are empty tins with the familiar trademarks PEK and YANO.

Workers stand at both sides of the tables.

Each piece of meat is once more carefully checked before placing into a tin. Workers remove excess fat, tenderize the meat by beating it slightly, and after weighing place it into tins. Now a little gelatine is added, the contents are covered with a special meat bouillon and tins are ready to pass through the machine which hermetically seals them. Sealed tins pass on to further processing — boiling, cooling, packing and to a finished products warehouse. Here piles of tins await final quality control by representatives of the Quality Inspection Office. Only then may a consignment travel by lorry or cooling wagon.

— In the last few years there has been a growing demand abroad for **sliced bacon**, says Mr. Pietryszyn. The product finds an increasing number of buyers since it frees recipients from cutting operations. It permits wholesalers to cut down their expenses as well as avoid losses incurred through cutting. The Polish meat industry has undertaken production of the sliced bacon and this line continually expands.

So our visit comes to an end, we see next to us sides of bacon being slowly conveyed to a refrigeration plant. On each of them is the distinctive trademark of the producer: three large-size letters "P.P.P." in an oval. This is how the Płock meat processing factory mark their export bacon.

Interview by
Feliqan Kotowicz

OLCOOP RECOMMENDS FROZEN, READY-MADE DINNERS:

os (sauerkraut with meat)	— 500 g	net weight
ffed cabbage in tomato sauce	— 500 g	,,
k cutlets with mushrooms	— 340 g	,,
f fillets with mushrooms	— 425 g	,,
l cutlets with mushrooms	— 340 g	,,
f with green peas	— 425 g	,,
l with mushrooms	— 425 g	,,
f with vegetables	— 300 g	,,
f with beans	— 300 g	,,
f with onions	— 300 g	,,
pe	— 500 g	,,
at balls	— 425 g	,,
sage with cabbage	— 411 g	,,

AT PRESERVES IN JARS AND CANS

f in own sauce — jars of 500 g and cans of 300 g
f goulash in own sauce, also in tomato or onion sauces — cans of 200 g and 300 g
k in own sauce — cans of 430 g
ns with pork — jars of 500 g
tton ragout — jars of 500 g and cans of 300 g

ADY-COOKED DINNER DISHES

f goulash — aluminium foil trays (one, two or three sections) holding 450 g and cans of 13 kg
f a la Strogonoff — aluminium foil trays (three sections) of 450 g
f chopped cutlets — aluminium foil trays of 450 g
pe a la Varsovienne — frozen blocks of 6 kg each
os (sauerkraut with meat) — frozen blocks of 6 kg each

CRS POLCOOP

EADY-COOKED MEAT DISHES OFFERED BY ANIMEX

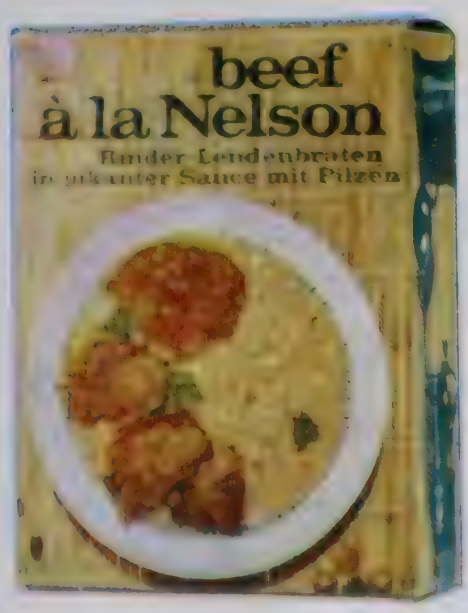
f a la Strogonoff — containing 170 grams of meat
f Chasseur — hunter's style meal containing 220 grams of beef
f a la Nelson — containing 205 grams of beef
k chop in sauce a la Nelson, containing 200 grams of meat
ffed cabbage

the meals are sold in aluminium foil trays of 420 grams net weight, packed in dainty, printed cartons

POLSKA ANIMEX

POLCOOP

ANIMEX













ALWAYS LOOK FOR THE

Polmos

TRADEMARK

Żubrówka. Jarzębiak. Krupnik. Winiak Luksusowy. Advocaat. Trianon and others can be found in the long list of vodkas produced by this enterprise — all bear labels with the POLMOS trademark and a monogram of the Silesian Quality Vodka Works. In a long, narrow production hall where we are taken by the Chief Technologist, Engineer Józef Wolski, we can see busy women in white overalls. Bottles filled with the greenish liquid come out in a long row from under a slowly revolving machine. Every bottle contains a blade of grass—this is Żubrówka. The secret of its light-greenish colour and its delicate distinctive aroma is in this small blade of grass, which is called Hierochloe Odorata in Latin. This rare grass which grows in very few European countries, can be found in abundance in Polish Puszcza Białowieska (the Białowieża Virgin Forest). Being the favourite titbit of bisons (now almost extinct in the world, but still living here), it has lent this name to the excellent vodka—Żubrówka (Bison Brand Vodka).

A long row of bottles comes closer to the control screen. A woman operator takes up two bottles with one move and gives them a careful look. Transparent, clear liquid is shining with light-greenish colour against the screen. Ready! The bottle is passed on and given a coloured label. Moments later it is placed into a carton. Who knows, perhaps in a few days a very polite waiter will place it before you on a restaurant table. Our considerate guide invites us to accompany him to an adjoining hall. Here the sweet aroma of honey and herbs is mingled with a delicate smell of alcohol. This precisely is the very special odour of Krupnik. Connoisseurs say that its taste, strength and aroma are unequalled and our specialists suggest that one should drink it hot. Krupnik is simply an old Polish liqueur (40°) with the addition of spices and honey which has been made for ages. A narrow, golden-yellow label bearing the name Old Krupnik—Polish Punch, glitters on a ridged half-litre bottle, on a shapely earthen jar or on a miniature bottle (various types of bottles are available). These not only make excellent samples, but will be lasting souvenirs for those who have never tasted this drink before.

A glass case in the Director's room contains a small exhibition of the products of the enterprise: we can see here Żubrówka, side by side with Krupnik, Jarzębiak and liqueurs, Advocaat and Trianon. Experts name and characterize these beverages. For instance, Jarzębiak (Rovan Vodka)—40° is featured by a pleasant aroma and a light red colour. Its slightly tart taste comes from frozen service berries (sorbus aucuparia) used in its production. The specialists say that this is a vodka with a great career. It is highly appreciated and now a favourite drink of gourmets in many countries, much sought after on world markets. In Poland it has been given the Q mark, the sign of top quality. The coloured label of Jarzębiak also bears the POLMOS mark.

Spirit, fresh egg yolks, sugar and an addition of cognac are essential ingredients of a magnificent egg liqueur called Advocaat. A perfectly smooth blend of lesser strength (25°) it makes an excellent, aromatic and tasty, thick cream. Served rather cool with black coffee it is simply "wonderful", so say our specialists.

Our discussion on vodkas continues. Engineer Wolski casually remarks that people of 60 countries drink Wódka Wyborowa, with Sweden, Finland, England, Iceland and France leading in this long list of buyers. Small wonder, since Wódka Wyborowa enjoys the reputation of being the world's best vodka. This pure vodka (45 or 50°) is obtained from top quality rye spirit by means of double rectification.

It is worthwhile to mention here that at cocktail-making contests it has become an almost normal affair for beverages based on Wódka Wyborowa and Starka to win the top prizes.

Polmos

Polmos

tarka (Very Old Vodka) 50° is a great speciality of the Polish spirits industry. The raditional recipe requires that it should be made of rye spirit and be matured for 10 ye**a**rs in oak casks, previously used to store wine. Featured with an exquisite, mild taste. it is immensely appreciated by connoisseurs of really good vodkas.

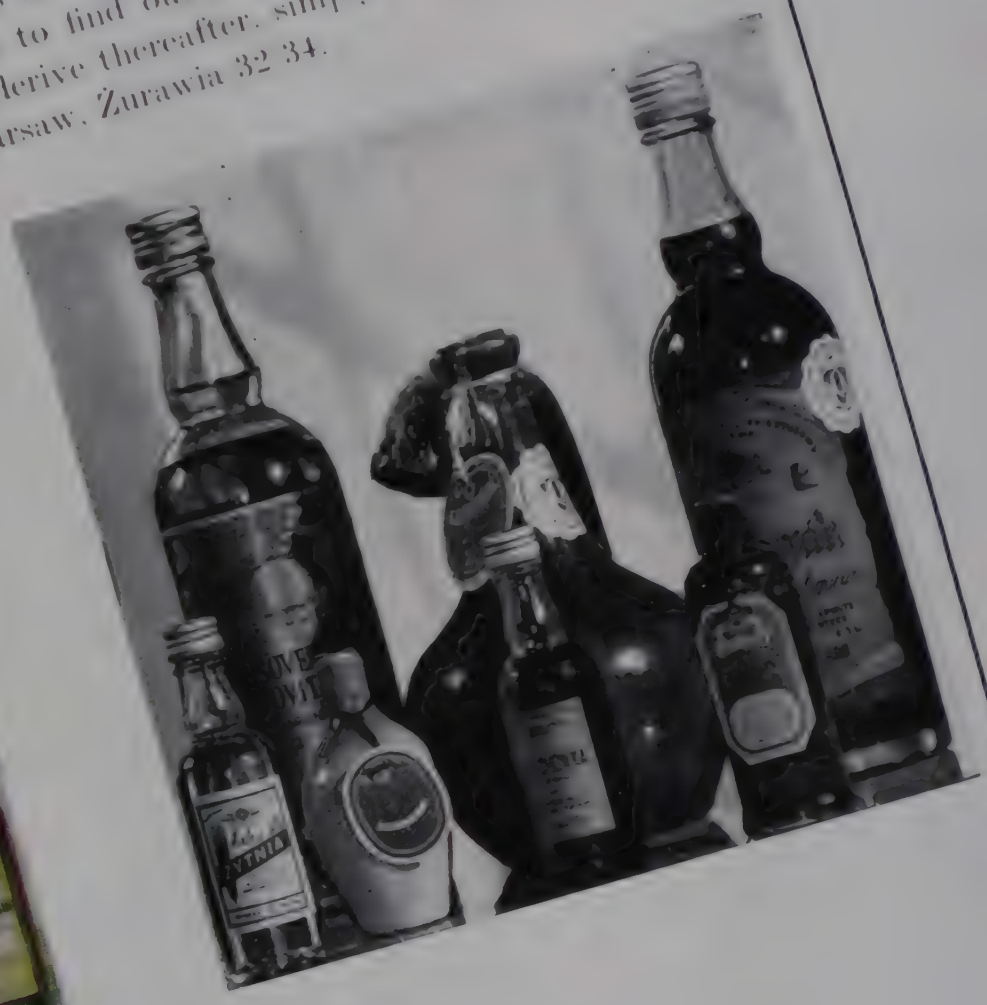
Others who have sampled different vodkas have an equally high opinion of Soplica (Dry Brandy Vodka) 40 °, which is made with herb flavouring grain with fruit juices and apple spirit added. This characteristic aroma, golden-brownish colour and common taste have often confused experts who **insist** that this is cognac.

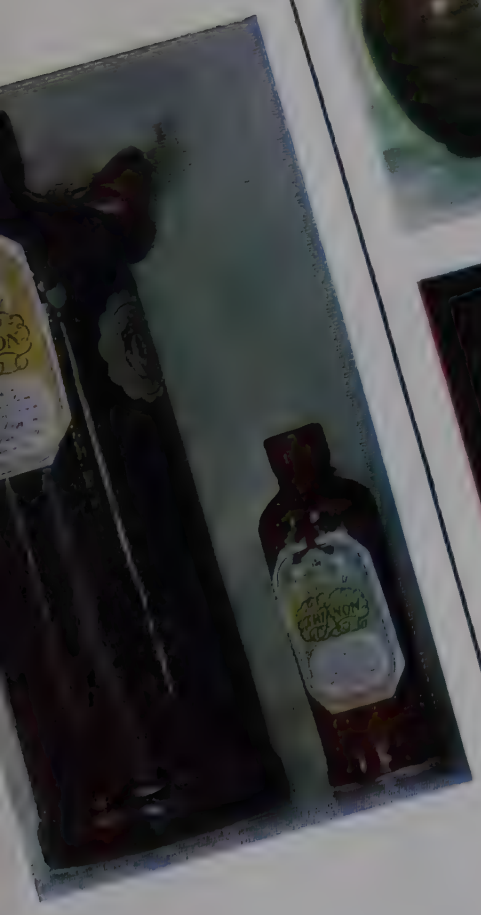
It is certainly not possible to discuss all Polish vodkas and liqueurs in such a short article. Let us therefore limit ourselves to list the features which are common to all: the superb quality, found through the careful selection of the finest natural (exclusively natural) raw material, attractive bottles and the guarantee associated with the trademark of **POLMOS**. If you would like to find out for yourself how Polish vodkas actually taste, and the pleasure you'll derive thereafter, simply contact the exporter:

AGROS Foreign Trade Enterprise, Warsaw, Żurawia 32/34.

F.K.









Polmos

PEK









PEK—is an abbreviation composed of the first three letters of the words: Polski Eksport Konserw (Polish Export of Preserves) and is the trade-mark of meat preserves exported from Poland to Great Britain. Meat preserves with the "Pek" trade mark are well-known and appreciated by consumers who regard them to be a top-quality product, a real titbit.

PEK — preserves with this trade mark owe their success above all to the excellent raw material, that is meat obtained from hogs fed natural fodder. Poland, where farmers breed more than 13 million hogs, is one of the greatest pork producers in Europe. Pigs bred in Poland and their cross breeds belong to the best meat type breeds. They supply excellent meat to many merchants abroad. It should be emphasized that only meat of young pigs is used for the production of preserves. This meat is succulent, tender and firm, and at the same time it is not overburdened with fat.

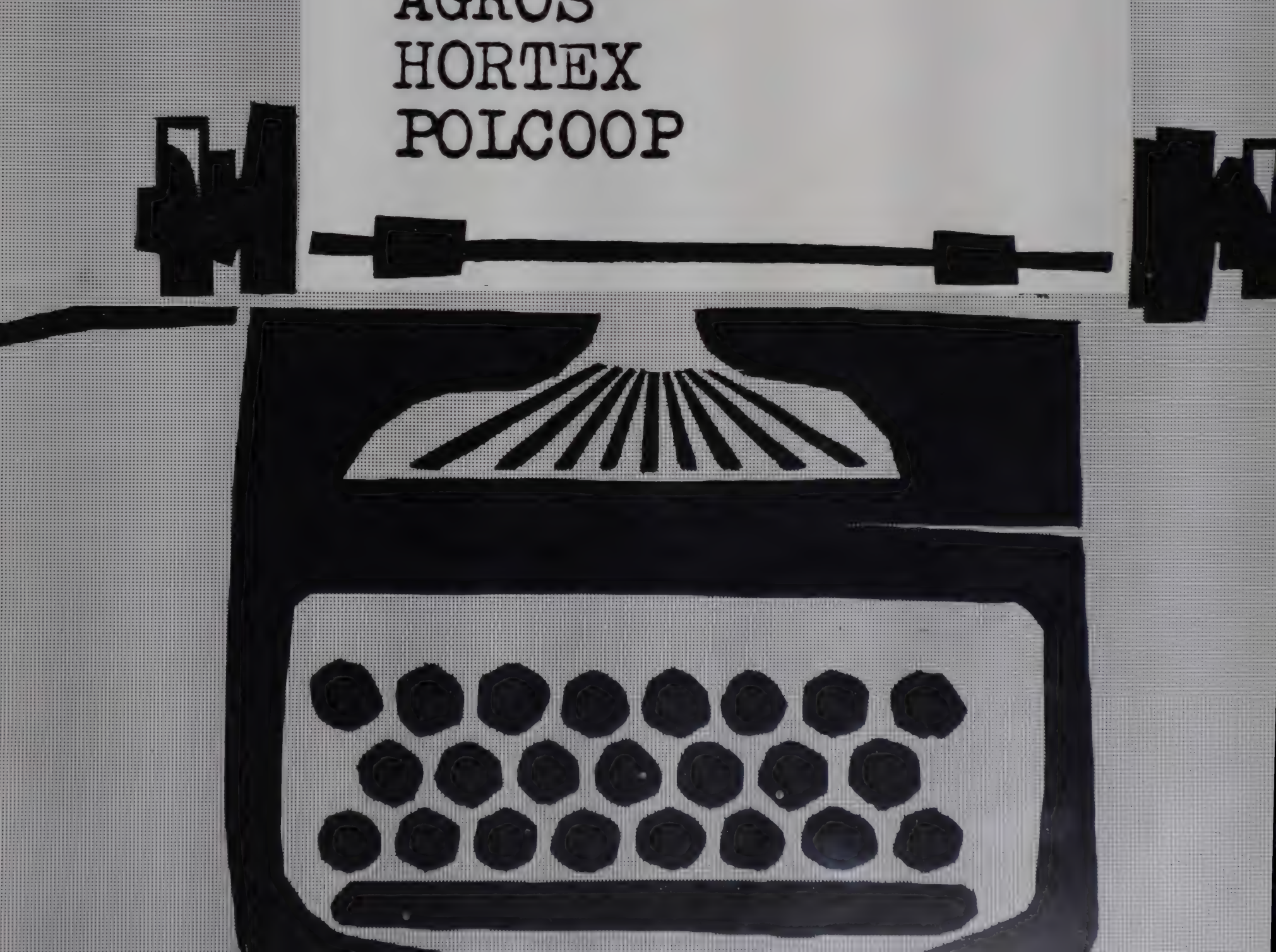
PEK—are high-quality preserves prepared according to the most modern processing methods, using to the utmost the natural qualities of meat. Top-quality products are obtained due to long-standing production experience and excellent uniform recipes applied in meat plants.

PEK. Preserves thus marked are exceptionally carefully and strictly supervised. All animals designed for slaughter undergo first a careful veterinary inspection. The next control follows the slaughter. Irrespective of these inspections, during the entire production process lasts the hygienic and sanitary supervision and the control of the quality of the ready product. Also the commodity designed for export is subjected, before forwarding, to a special control effected by the Quality Inspection Office (CIS).

PEK — The "ANIMEX" Enterprise is represented in Great Britain by the [illegible] Limited, Chesterfield House, Bloomsbury

KRAKUS

KRAKUS
the trade-mark
of Polish fruit
and vegetable
products
AGROS
HORTEX
POLCOOP



lish vegetable preserves ha
the natural colour of fresh
oduce, pleasant aroma and
vour. An important thing
hat they do not contain any
ificial or colouring agents.
ile being able to fully main-
n the most valuable ingre-
nts of vegetables: vitamins
l mineral salts.

ckled dill cucumbers

this preserve only fresh,
n, healthy and unipmaired
cimens are selected. They
carefully sorted according
size an preserved in well
ted vinegar stock with the
lition of aromatic herbs.
latter give an individual,
hly pleasant flavour to the
serve. Cucumbers are avai-
le in jars of the "Phoenix"
l "Twist-off" type of 0.9 and
litre capacity, as well as in
of 9 and 5 litres.

herkins

prepare this preserve only
ng, tiny cucumbers are
ected. They are marinated in
tronger vinegar and herb
k than pickled cucumbers
pasteurized.
other unquestionably excel-
appetizer is **pickled cu-
mber salad.** For this preserve
e, seedy cucumbers with
ow skins are used. Before
kling, cucumbers are peel-
seeded and cut. In the
kle they acquire an aroma-
sharpness and slight trans-
ency.

ckled onions

preserve is prepared from
ll, selected onions of some
n in diameter. The product
haracterized by a slightly
et taste usually found in
ish varieties of onions. This
n excellent condiment for
ts and especially for
ious salads.

by beetroots vinegar

product is prepared from
v beetroots of 2–4 cm
h the addition of aromatic
gar brine and salt in pots
45 and 0.9 litre. The

POLISH VEGETABLES TO SERVE ALONG WITH POLISH MEATS

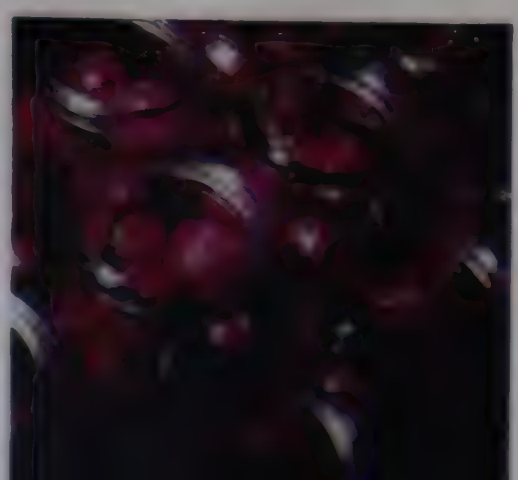


Agros

Polcoop

Hortex





for example, that used for
serving gherkins, namely
to 0.64%. Pickled baby
roots are distinguished
sweet-sour flavour with a t
of caraway.

Marinated mushroom

Similarly as vegetable pre
ves, marinated mushrooms
be used as a tasty condim
to meats, hors d'oeuvres
salads. They are prepared f
young, succulent specimen
the boletus, saffron milk
chanterelle and agaric va
ties. Available in jars of 0
0.45 and 0.9 litre.

Preserved green peas

The preserve is characteri
by natural colour, pleas
aroma and delicate, sweet
vour.

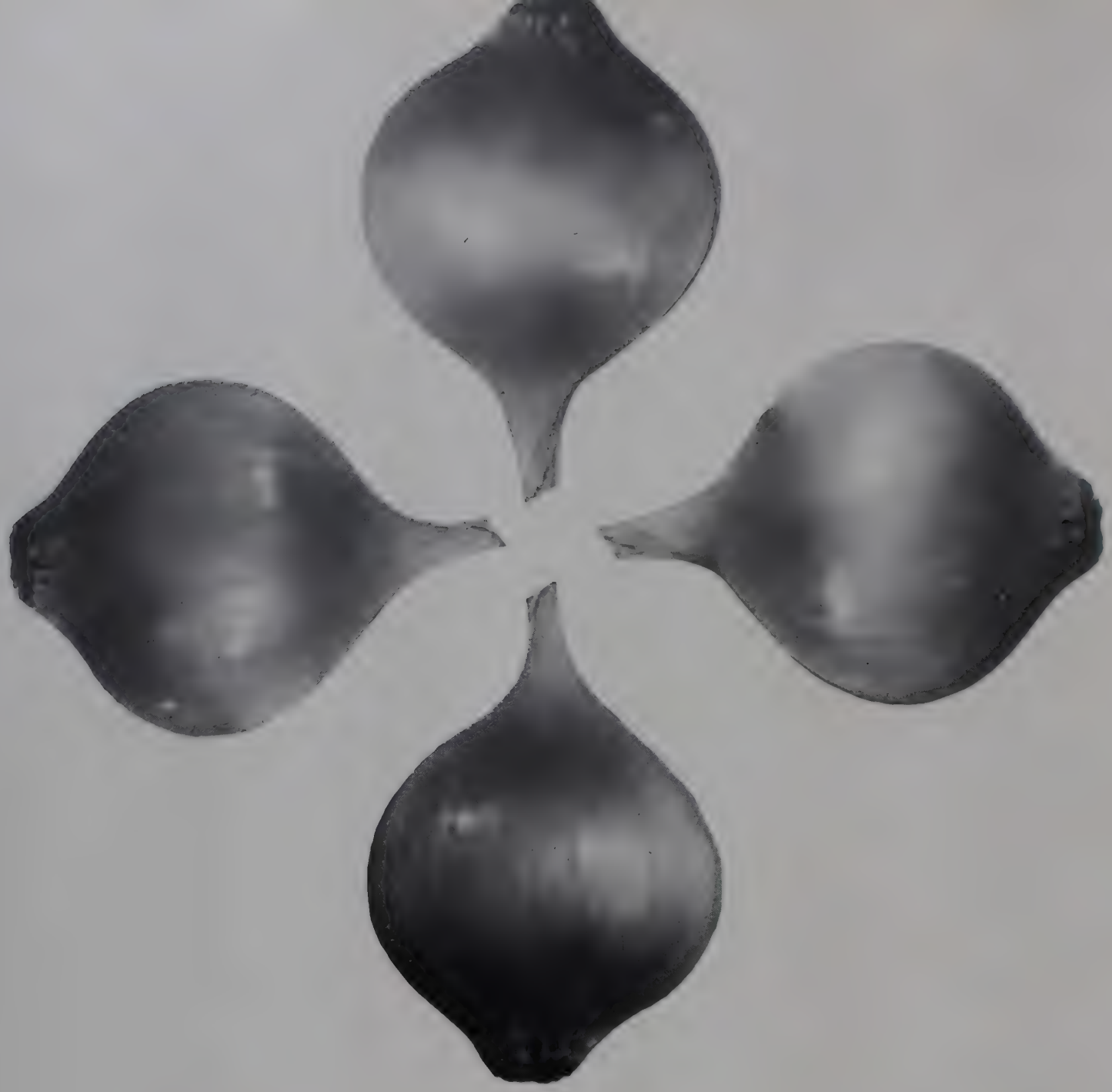
Haricot beans

The preserve is made of eit
yellow or green string be
available in two lines: wh
and cut. Haricot bean pres
ves are characterized by
slightly salty tastes.

Asparagus preserves

The white and green vari
has creamy spears, is succule
and fleshy. The short, trimm
spears are straight, well-f
med and without blemish
After removal from the
they do not loose their sha
The product has the pleasa
distinguished aroma of boil
asparagus without unnecessa
bitterness.
Because of the application
manure by our vegetable g
wers and contemporary te
nology of processing, our p
serves are distinguished
exquisite flavour and maint
the colour and aroma of g
den-fresh vegetables.
All merchandise designated
export is checked in labor
tories as well as by the Quali
Inspection Office, AGRO
HORTEX and POLCOOP
the Polish foreign trade age
cies exporting vegetable





AN OUTSTANDING VEGETABLE

In comparison with agricultural exports, our export of garden produce is relatively young. However, it is developing at a very rapid, pace winning ever new foreign markets.

Such products as onions, pickled cucumbers and strawberries have already won a high reputation abroad. Exports of our fruit and vegetables are carried out by Foreign Trade Enterprise "Hortex" who maintains vast trade contacts abroad and participates in many international events, including fairs and expositions.

At "Hortex" expositions our onions are an outstanding entry and, similarly as Polish ham and vodka, are widely popular in the world. The "Polish Onion" trademark became a synonym for merchandise of the highest quality on foreign markets.

As regards onion output, Poland takes the eleventh place in the world, preceding such an agricultural power as Holland and our exports of this vegetable allow us to take fourth place in the world before Egypt, Spain and Holland.

We have an annual yield of 200,000 tons of onions which equals 7 kilos per capita or more than double the average per capita output in the world. And still it is said that only people from the South and East are onion lovers!

The United Nations Food and Agricultural Organization noted with authority, that Poland had the best conditions in the whole of Europe for onion growing.

Onions exported from Poland are of the "Wolska" variety, well known for more than 50 years. The "Wolska" onions are well rounded in shape, have thin, dry, pale-golden skin, crisp white flesh and mild, sweet taste. Moreover, other outstanding properties of this variety are its aroma and ability to withstand long storage (from August-September when harvested, until late spring) without [illegible]. These qualities significantly increase the commercial value of our product. [illegible] observe the quality standard of onions which are hand sorted, graded [illegible]. The quality of our onions is also heightened by additional [illegible].

[illegible] four grades of onions are available:

I Picklers 2 — 3.5 cm. in dia.:

High Reputation of Polish Cooks and Gastronomers

Even as French cooking enjoys the reputation as the world's best, so Polish gastronomers are among the most outstanding representatives of the French cuisine.

In the history of French gastronomy we come across such names as Babiński (famous Ali-Bab), Małachowski, Topoliński, and recently — Edward Pomian Pożerski (died on January 26th, 1964). He was a Pole of Paris, codifier of French cooking, medical practitioner and gastronomer — theoretician, author of 25 cookery books, master of the culinary art and a famous gourmet (he, for instance, disqualified coffee since it was „ground too fast").

In Poland, the past traditions of Polish cooking are presently cultivated by Docent Tadeusz Przypkowski who considers dish-making to be a genuine art. Docent Przypkowski has introduced gastronomica (for the first time in this country) into the Przypkowski Museum in Jędrzejów.

We had an opportunity to talk with Docent Tadeusz Przypkowski, Director of the Przypkowski Museum in Jędrzejów.

— You are very interested, Mr. Director, in good cooking, but how could you explain the interrelationship of astronomy and gastronomy ?

In 1738, Jan Józef Przypkowski, a brother of my great-great-grandfather, founded a specialist gastronomical library which 167 years later became part of the Przypkowski Museum of Astronomical Instruments (sun-dials in particular) One of Astronomical Instruments (sun-dials in particular) One of the finest collections in the world, it was presented as a gift to the Polish Government in 1962—and that is how the Przypkowski State Museum in Jędrzejów was established.

The Przypkowski family, just as great Copernicus who elaborated a recipe for a special dietetic bread, later named Graham bread was interested in astronomy and gastronomy alike.

This is basically an astronomical museum, but—in accordance with the statute—it has also a section of the history of gastronomy, which is considered to be an integral part of the history of Polish culture.

—What particular exhibits will be shown in the gastronomical section of Museum?

On the ground floor of the house which was built in 1906 (cellars dating back to the 18th century) in a kitchen—laboratory dishes will be prepared for serving in the sample hall and in the dining room of the Chapter of Pomian's Order. The 1712 house will receive 18th century interior decorations, including paneling from Puławy (designed by Meissonier) and 18th century leather gilded, wall tapestries—cordovans. Wine will be served in the cellars, whereas coffee and strong alcoholic drinks in cellars under the pavilion and in a summer-hours in the garden. Our cuisine will follow the finest traditions of Polish cooking in the 17th—19th centuries. In the old-Polish kitchen on the upper floor visitors will be shown archaic copper utensils: frying pans, stewpans, samovars, splendid 18th century hunting kettles used for cooking bigos, which have found their way here from the Wielopolski and Zamoyski families kitchens, etc.

I received from Pomian Pożerski wooden "mouvettes" which once belonged to this mother. He set a high value on these precious souvenirs and made a lifetime use of them in his culinary practice. After his death I came into possession of nearly 300 books on gastronomy—a part of his private library. At present, our gastronomical library consists of 500 volumes of cook books, from the 16th century up to the present. Collections of eminent Polish restaurant owners at the beginning of the 20th century, those of Wierzbicki from Radom and Krzemiński from Warsaw, form a valuable part of the library.

—We know, Docent Przypkowski, that you are a co-founder of the "Pomian's Order". Could you tell us about the aims of this organization?

In 1963, that is, when Pomian was still alive, a proposal was made to set up the Chapter of Pomian's Order to bring together people interested in good Polish cooking.

The Chapter came into being in 1965 and has been developing ever since, associating those who are anxious to revive the illustrious traditions of Polish cookery. Professor Tadeusz Gronowski, a graphic artist, is the present Grand Master and I have the honour to be Chancellor of the organization.

The Chapter awards orders to the most noted culinary experts throughout the world. The order, which is worn on a ribbon hung roung the neck, is modelled after a saucer which is helpful in eating sauce. In 1965 it was granted to Roger Topoliński who runs the well-known Parisian restaurant "Laperouse" and who is, at the same time, President of the Union of Paris Restaurant Owners. A descendant of the cook of King Stanisław Leszczyński (himself one of France's greatest gourmets) he makes certain that you can always find, on the menu of his restaurant, some dish connected with the traditions of Polish-French relations. For example, famous bouchee a la Reine—a dish prepared for Maria Leszczyńska.

The order was also awarded to Jean Dominique Arnaboldi, President of the International Federation of "Gastronomical Press", Editor-in-Chief of "Bien Vivre" and one of the founders of the "Academy" of the Art of Living in Paris. Other winners of the decoration are Claude Terrail, owner of "La Tour d'Argent" restaurant which was established in the times of Henry, the King of Poland and France, and a Pole—Stanisław Koziol of the renowned "Lucullus" in London.

The propaganda of Polish cooking bears fruit. For instance, at Horcher's, the best Madrid restaurant, onion soup a la Przypkowski has received a tremendous success and is now a permanent Polish speciality on the menu.

*

At home, in his native Jędrzejów, Docent Tadeusz Przypkowski treats visitors to unusual Polish dishes, the above mentioned onion soup, blanc mange a la Sobieski, or fillets a la Radziwill. The latter, although princely by name, are served in a most unsophisticated and rustic manner, in a loaf of brown bread which has been hollowed before and with buckwheat groats.

Special mention should be made here of the onion soup which, prepared according to an old Polish recipe, has been served by the Przypkowski family for many years.

Interview by
Danuta Gasiorowska

Let us now pass from cooking theory to practice



ONION SOUP

À LA PRZYPKOWSKI



RECIPE FOR ONE PERSON

1/4 litre of broth made of fresh lean beef without flavouring
A sweet onion. Should it be too pungent, add a pinch of sugar. This will give the soup a milder taste
A piece (30 to 40 g) of brown rye bread (Pumpernickel) without crust. Onion may be more pungent if you use Pumpernickel
50 g butter
Add ginger, grated nutmeg, sugar, salt and aromatic cloves to suit your taste

NEXT

Fry thin pieces of onion in butter till they are golden-brown in colour
Fry bread in butter until it is crispy
Boil onion and well crushed bread in bouillon for 20 minutes
Strain it all through a fine colander and add flavouring
Serve in cups with fresh butter and salty biscuits, which are prepared as follows.



THIS RECIPE IS FOR 4 PERSONS

3 glasses (1,4 litre each) of wheaten flour
1,2 glass of milk

40 g of yeast
250 g of butter
1 egg
10 g of caraway seed (well ground, if possible)
salt to taste

NEXT

Dissolve yeast in milk
Mix other ingredients well to make a paste, add ground caraway seed
Roll the pastry and cut it into decorative forms (sings of the zodiac, guests coats of arms, etc.), then cover with a thin layer of egg
Bake in a hot oven till biscuits are golden in colour
Serve hot



Another variant contains less bread. Bread is then replaced with grated chesse--gruyere, which gives "isabelle" colour to the soup. You may also add up to 60 g of bread per person instead of cheese. Your soup will be then thicker and will have a more distinct brown colour. Or you may add a glassful of good cognac for each cup of soup.

GUINEA FOWL

Guinea fowl, a new item on the food market, is increasingly appreciated for its dietetic value and for its delicious taste. Much superior to other kinds of poultry, it now appears as a luxury delicatessen product. Superb in taste and appearance (which can be judged by the customer at first sight), guinea fowl is at present in great demand and this creates prospects for a larger-scale breeding of this bird in the future. In Poland, guinea fowl breeding has shown a rapid upward trend, the more so, since the meat, resembling venison in flavour, is much sought after on foreign markets.

Guinea fowls, just as hens, are descended from a wild variety of guinea birds. The domesticated birds differ only in colour from one another and, accordingly, we find in Poland two kinds of guinea fowl—gray and silvery-blue. Their plumage is entirely and uniformly dotted



ith white spots, except the neck which is darker and without spots, e back, completely covered with a network of white lines, and the east where plumage changes to a violet-gray colour.

Polish-bred" variety of guinea fowls, gray in colour, is said to be e strongest of all. Resistant as gray guinea fowl are to inclement eather conditions, they still must be kept in warm coops at night. rom the day they are hatched, young guinea fowls are well cared r, given only special food and then at strictly fixed times. The uality of the meat depends on various factors and it may be improved the breeder by means of correct feeding habits, taking care of ealth and fitness of birds, as well as by proper transportation.

he consumption and nutritive value of a guinea fowl may be descri- d as very high indeed. There are about 120 kcal in 100 g of this eat and with regard to protein content, guinea fowl meat exceeds icken meat. The nutritive and calorific value of guinea fowl eat is comparable with that of pheasants. Live guinea fowls e available on the market from late summer till December, the eatest demand being for young guinea fowls (carcasses of around 00 g) which are juicy and have a delicate taste. Guinea fowl offered Poland to customers abroad represents the "choicest" class; e meat is tender and well-shaped carcasses have smooth skin without ratches or other defects. The method employed in evaluating guinea fowl assumes a certain level for each of the properties inve- igated. Accordingly, those birds which have a level lower than the quired one (should it be only a single property that is found unsatis- ctory) are rejected, even if they are exceptional an all other respects. efore slaughter the birds undergo a medical-veterinary inspection. is not the last time, however, since every production process, uring which guinea fowls are prepared for export, is carried out nder medical supervision. In addition, the quality of guinea fowl fered is checked by the Quality Inspektion Office, health certi- eates being enclosed with enery single batch of products.

OLCOOP Foreign Trade Enterprise enjoys a well-establishe putation as Poland's leading exporter of guinea fowl meat. Guinea wls to be exported are plucked, gutted (but with legs, head, heart d liver included), dressed or offered as "grillers". Their miniumum eight varies from 600 g to 800 g, with calibration of around 50 g. arcasses are packed in polyethylene bags and then in cartons or ses holding 10—12 pieces each. Cartons and cases bear numbers d trademark of producers, the address of the buyer and the name the exporter—POLCOOP.

RECIPES FOR DISHES OF GUINEA FOWL

Guinea fowl roasted in ginger butler

Rinse a cleansed and tender guinea fowl in cold water and rub it over with salt and ginger. Lard the breasts with lardon.

After it has been roasted, carve the guinea fowl into halves. On each side make two incisions and fill them with hard butter mixed with two roots of grated and sifted ginger.

Guinea fowl à la Montmerency

Lard the breasts of a guinea fowl heavily with lordon and stuff the bird with stuffing made with the following ingredients; minced liver with other giblets, 100 g of veal, 50 g of lard, 1 onion, salt, pepper, a punch of nutmeg. Place a few slices of butter on the top and add green vegetables. Put into a hot stove, basting frequently with broth. Put the roasted and carved guinea fowl on a dish and pour on sauce which has been strained and flavoured with browned butter and flour.

Ragout of guinea fowl with vegetables (à la belle Gabrielle)

Put a plump and tender guinea fowl into a stewpan. Add 50 g of smoked bacon, a whole onion, 2 carrots, a parsley, a piece of celery, 2 tomatoes cut into pieces (or 1/2 tea spoonful of tomato paste), add 2 laurel leaves, several grains of pepper, salt, pour on some water and add a glass of red wine. Cover tightly and stew on a medium hot stove till it becomes tender.

Carve the guinea fowl, cover it with sliced bacon and pour sauce which has been strained through a sift.

Ragout of guinea fowl in the Caesarean way

Salt a guinea fowl and brown it with a large amount of butter. Add a dozen small onions (or several larger ones) and 4—5 fresh champignons cut into fours. Stew it all in butter.

Add 1/2 bottle of red wine and a glass of water, cover tightly and stew on a medium hot stove till it becomes tender. Then carve and place it on a platter. Add a spoonful of thick bouillon or browned butter with flour, mix well and pour it over the guinea fowl.

B.B.

EXPORT-IMPORT ACTIVITIES OF THE FOREIGN TRADE OFFICE "RYBEX"

er a number of years we have been nessing a remarkable and dynamic ansion of world sea fishing. According tatistical information furnished by the od and Agriculture Organization of the ited Nations, the annual world catches v total 60 million tons of fish, cephalo- ls and shellfish, including around 47 mil- n tons of sea fish. A threefold increase in ches has been noted in comparison h the period immediately following the r.

e high rate of growth is primarily rela- to the pressing need of supplementing erious deficit of animal protein. Scien- e research has pointed out that about % of world population is undernourished h protein intake less than 30 g per 24 rs, which is far below the required ritive standard. And, as we know, rm-blooded animals and fish are the o sources of animal protein.

e rapid devalopment of sea fisheries is o dictated by sound economic calcula- ns. Possibilities of increasing slaughter mal production are far more limited l require a longer period of time than n production. The scale of the latter is sically unlimited and the production t of fish protein is much lower than t of protein supplied by other animals. lively interest in fast and large-scale ansion of sea fisheries is nowadays wn not only by the countries which can st of age-old tradition and conside- le experience in this field, but also by se countries which have not formerly dertaken industrial-scale fishing. Ne- theless, much is left to be done befo- all countries are able to meet their own nsumption demands.

present we can distinguish 4 basic ups of countries, as regards the pro- ction and consumption of fish and fish serves:

countries fishing for home market only;
countries fishing for home market plus t for export;
countries fishing primarily for export;
countries relying chiefly on fish imports.

land, as a number of other countries, been attaching great importance to e problem of the expansion of sea fishing a result, small-scale coastal fishing and gins of deepsea fishing of the first after- r years have developed into an impor- nt branch of the national economy. It is rth emphasizing that the Polish fishing dustry ranks among most dynamic bran- es of our national economy. The last cade alone has brought about a threefold crease in the fishing fleet tonnage, sea hing and the production of fish prese- s

e most up-to-date fishing vessels have en put into operation. These are first all, freezing trawlers and highly effe- ialized factory ships with fish p- potential and d- (2 stro- directions

in the most remote sea and ocean fishing grounds.

This has been made possible by outstanding achievements of the Polish shipbuilding industry which presently ranks second in the world as regards the construction of fishing vessels.

Modern deep-sea factory ships, freezing vessels and industrialized mother-ships have allowed us to expand far beyond traditional fishing grounds. During the last few years we have been fishing mostly in northern, central and southern regions of the Atlantic.

As the quantity and assortment of catches and fish preserves have considerably grown, our fishing industry is able not only to satisfy the home demand, but also to export ever increasing quantities of frozen, salted, live and canned fish to foreign markets in several continents. Accordingly Poland no longer is among the countries fishing exclussively for home consumption and has moved to the group of those countries which not only meet domestic needs, but also carry out regular fishing and processing for export.

Today Poland delivers frozen sea fish, both full and dressed, fillets of cod, rose-fish and of other fishes, to such countries as the USA, Nigeria, Ghana, Liberia, Sierra Leone, Greece, Yugoslavia, Italy, Belgium, the German Federal Republic, the German Democratic Republic, Czechoslovakia, Rumania and Hungary.

Salted fish is sold to Belgium, Italy, Norway, Czechoslovakia, Rumania and Hungary.

Fresh water fish finds markets in England, Sweden, the Netherlands, Denmark, the German Federal Republic, Austria, Italy and France.

Fish preserves are dispatched to customers in 50 countries, chiefly in Czechoslovakia, Hungary, Rumania, Austria, Greece, the German Federal Republic, France, the United Arab Republic, Saudi Arabia, Jordan, Kenya, Tanganyika, Vietnam, Nigeria, Liberia, Sierra Leone, Australia and the USA.

The basic tasks in the sphere of fishing, production and sales are handled by numerous state enterprises. Some of them (as "Dalmor" in Gdynia, "Odra" in Świnoujście or "Gryf" in Szczecin) are gigantic fish processing combines with powerful modern production means at their disposal.

All fish industry enterprises are administered by the Association of Fishing Economy which, through appropriate channels, supervises the work of these enterprises in the sphere of fishing production and sales.

In connection with the above mentioned [illegible] and assortment increase in fish- [illegible] processing, the trade activity [illegible] tion of Fishing Economy has [illegible] directions:

1. home trade
2. foreign trade.

At the inital stage, foreign trade in sphere of fish and fish preserves has b entrusted to two economic organizatio namely "Animex" Import-Export Ent prise and the Association of Fishing E nomy. Practice has proved, however, t foreign trade problems should be mana by one organization, in close cooperat with the fishing industry. Consequent leading authorities decided to trans foreign trade activities to the fishing dustry and established the "Ryb Foreign Trade Agency at the Associat of Fishing Economy in Szczecin.

On January 1, 1968, "Rybex" took o foreign trade prerogatives of „Anim Import-Export Enterprise and the A ciation of Fishing Economy, embark upon full-scale export-import activity the range of fish and fish preserves.

The following commodity groups embraced by the commercial activitie "Rybex";

1. Frozen sea fish, full or dressed. fish fillets in blocks:
2. Fresh water fish, live, frozen and s ked:
3. Salted fish, full or dressed:
4. Canned fish:
5. Fishmeal and fish oils:









Sea shellfish and cephalopods;
Fresh water crayfish;
Fresh water fry and roe;
Aquarium fish;
Natural sponge.

le contacts maintained by "Rybex" other countries draw on the expe-ce acquired by the Association of Fish-Economy and "Animex" in the former od and appear to be a continuation of activity of these two economic orga-tions. It is our desire and an objective ur efforts that our relations with all ners, both old and new ones, should ribute to the further promotion of ual trade turnover.

nsportation means employed for deli-ng commodities depends on the kind size of consignment, as well as on the ination. In fact, "Rybex" has at its osal any kind of transportation vehicle ired to ensure high quality of commo-s and timely deliveries.

thus ;

zen fish are generally delivered directly ishing craft. Some lots of fish, espe-y, when delivered to the USA, are sported by merchant cooling vessels. ller lots are dispatched by railway in gerated vans.

fish are sent in special basin vans, and

Fish preserves are delivered by all possible means of transportation; by train to European countries and by merchant vessels to overseas countries.

Air transport is required to deliver crayfish and other urgent consignments.

Summing up, we are convinced that concentrating the whole export-import activity in one enterprise and bringing it closer to industry creates favourable conditions for the effective functioning of this new economic organization.

"Rybex" — a foreign trade enterprise and, at the same time, a part of the Association of Fishing Economy, is in a position to exert influence on the export production of fishing and fish processing enterprises, obtaining such produce which may be fully approved by our present and future foreign partners.

It should be emphasized that the fulfilment of these tasks is ensured by the personnel of "Rybex" which has been selected with extreme care. Apart from a team of highly qualified trade specialists, we also employ a group of experts who have a great practical experience in fishing and in the fishing industry and who are always ready to offer advice and assistance to foreign industry, tradesmen and customers.

Wł. Sołta
Director General of Foreign Trade Office "Rybex"

ŻYWIEC BREWERY

YESTERDAY
TODAY
AND
TOMORROW

The largest and most popular of Polish breweries, the Ż
wiec Brewery, is 112 years old. It was founded in 1856
a site some 3 kilometers south of the town of Żywiec, in t
Cracow voivodship. The location was chosen because
a source of excellent water particularly suitable for brewi
purposes owing to its softness and chemical ingredients.

Already in 1857, the brewery's annual output amounted
17,860 hecto-litres of light beer. Later on the enlargment
the establishment and modernization of its technology b
gan. Presently, intensive expansion work is being carri
out and the brewery brought up-to-date in accordance wi
the best examples of world brewers. The quality of "Żywi
Beer" reached the highest world standard and from 1956 b
gan to appear on foreign markets. Sales abroad have syst
matically grown. The present output amounts to 300,000 he
to-litres per year, while in 1957 the output is estimated
reach 500,000 hecto-litres and the whole amount is expecte
to go for exports. Presently, Żywiec beer is sent to 30 countri
on all continents. Current output comprises 7 varieties
beer, out of them the following 3 designated for export: Fu
Light Żywiec Beer with 12.5° Blg. extract content, some 4
of alcohol and guaranteed shelf-life of six months; Besk
Zdrój Żywiec Beer having 12.5° Blg., 4% of alcohol and thr
months shelf-life and Żywiec Porter with 22° Blg., some 6
alcohol and six months shelf-life.

Together with one of the brewery's engineers we make a to
of the production lines, beginning with the malt house.

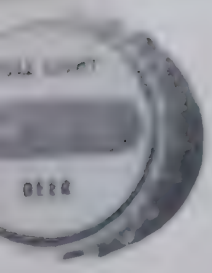
— The basic products here, says my guide, are water (88%
malt, namely brewer's barley, sugar and hops. We use on
the finest, carefully selected varieties of barley and the be
quality hops. The whole processing of raw materials is mech
nized. Our fermentation department is in a new, air-cond
tioned building. Here the hot wort is separated and cool
to 4°—6°C depending on the variety of beer. Fermentati
takes place in 78 closed vats of 400 hecto-litres each. T
vats have epoxy resin linings, jacket cooling and are adapt
for application of CO . The main fermentation cycle las
from 9 to 20 days.



The next building holds a storage cellar where the produ
undergoes the second stage of fermentation. Different v
rieties of beer mature here in metal tanks in temperatures
1°—2°C. For example, full light Żywiec Beer takes six mo
ths to mature, Beskid Zdrój takes three months, while Żywi
Porter—five months. In the production of long-maturi
export beers, the product is cooled to temperatures of
1.8°C and vitamins are added along with means to rebuild
bumen structure.

— The last stage of our tour in the brewery is the bottli
department. On our way we pass a loading bay with a lo
line of lorries. Among them I see large-size trucks with Hu
garian registration plates. It appears that they came for
additional consignment. The next day the beer will already
in Budapest where it is awaited by beer lovers, highly app
ciative of its excellent taste.

Now we are in the bottling department, surveying its equi
ment. In order to protect the product from ill-effects of a
the bottling is done on up-to-date filling lines with the a
plication of CO . At the present time there are two such
nes in operation: one with a capacity of 4.5 thousand bott
per hour made by German Federal Republic. "Enzinger" a
the other made in GDR and Poland. The initially estimat
capacity of the bottling department, 40,000 hecto-litres
year, was surpassed long ago and the current output amou



to 400,000 hecto-litres. To meet increased demand, a new bottling department is under construction. Its estimated capacity will be 450,000 hecto-litres per year and it will operate on machines from Italy, the Netherlands and German Federal Republic

ıe process of modernization the Żywiec brewery expects to inate production of draught beer by 1968. Already now emphasis is being laid on the expansion of bottled beer veries.

r filling, bottles are packed in cartons containing 24 bot- each. Also handy cartons containing 6 bottles are in use, latter type of packing being applied upon a customer's uest. On an increased scale pallet transportation is used. end our tour of the brewery in the testing laboratory which aborates with the Institute of Fermentation Industries. unit carries out both laboratory analysis of produce and ct tests on the production line.

ently, large-scale research is being made to filter wort ugh infusorial earth. This is a novelty giving a better idal structure of wort and increasing shelf-life of beer. oratory analyses cover the checking of raw materials each individual stage of beer production along with te- g the final product. Every new technological process, even n well-tested by other domestic or foreign breweries, is tinized here from the point of view of its suitability for litions prevailing in Żywiec and only afterwards accepted production.

sit in the General Manager's office, sampling delightful and discussing their current and future plans. Says Mr. Czajowski, M. Eng., the General Manager:

the present time we have two branches, in Bielsko and zyn. In the Żywiec brewery itself production is supervi- by 32 engineers and technicians while the whole personnel unts to 600 people. The basic directions of our expansion ude : construction of a new bottling department, a brewing rtment and a workshop for filtration materials, together the modernization of the cooling department and power t, replacement of the remaining wooden vats with metal and introduction of a mill for grinding humid grain made "Steinecker" of GDR which will enable to increase the ut of the malt house.

Czajowski continued by discussing some "secrets" of the llent and world-renowned qualities of Żywiec beer.

Our unique and unparalleled advantage is solely water mountain streams with their specific properties. The ainder depends on the high skill of our personnel, careful ction of raw material and flawless application of prescribed nological formulas. The brewery's personnel has remained hanged for years and includes specialists whose families e old traditions in brewing and whose profession passes n father to son. The high quality brewer's barley and hops ch we use is also well known in the world since these pro- ts are subject to export as well. The shelf-life of our beer, ng many months, is ensured by a long period of maturing low temperature, proper saturation with CO_2 and careful ration of the product with the latest known equipment. these factors guarantee deliveries of a beverage of con- nt high standard which were well justified acclaim among mers thanks to its delightful flavour, clarity and crown











"Q", while two of them — the best domestic quality mark "
Mr. Czajowski showed us medals and diplomas received by
Żywiec Brewery at strong international competitions inc
ding the most famous world breweries. The distinctions
clude a silver medal received in 1963 at the Brewers' Olymp
in Cologne, Prix d'Excelence for porter and Prix d'Honne
for light beer in Paris in 1964; also medals for the Żyw
Beer brand: the silver medal awarded to it in 1964 in Br
sels and two won in 1967, the golden in Brussels and bron
in Paris. No wonder, since Żywiec beers enjoy great popular
among the leading group of specialists in beer making. H
are, for instance, several opinions expressed by them:
Whitebread Brewery and Co. Ltd., of London is of the opini
that the Żywiec Porter "is wonderful, full-bodied dark bee
the flavour is pleasant, malty and it has a good, lasting froth
About the Żywiec Beer they say it it has "delicate taste whi
is pleasant and not too bitter, good clarity and sparkle".
Generally, the expertise of the British firm emphasizes th
Polish beers analysed by them have outstanding qualit
Also the bottles are packed with care and have attractive
belling.
Dortmunder Union Brauerei writes about Polish beers
general, and the Żywiec Beers in particular, that: "they a
analytically without reproach while especially positive
the fact that they have a good margin of ripening betwe
the first fermentation stage and final racking. It should
emphasized that the beers are a result of a very mature art
brewing".
And what is the opinion of consumers themselves ? While
a visit to Whampoa in China, a captain of a Polish ship w
tes his appreciation for the quality of Żywiec beer: ... "2,4
bottles of beer stored under the iron deck in a temperatu
of 40°C withstood a 65-day voyage, six weeks of which we
in the tropics. The humidity was 70-90, while the temperat
re of air reached 36°C. Not even one bottle was spoilt".
Such examples one san quote by the score. They give eviden
that Żywiec beer most justly enjoys the equally excelle
opinion of connoisseurs and consumers the world over. Th
is also the reason why their exports grow each year.



J. Kaczmarczyk

I'd rather like a bottle of Polish beer!

EGGS

Natural rearing of hens their feeding with natural fodder enriched by additional vitamins— all this significantly reflects in the quality of eggs. Polish eggs come from small private farms where hens are raised in the open air and fed with cereals while at the same time having opportunity to forage from the earth fodder which contains many vitamins. Such eggs are distinguished not only by excellent flavour but also high nutritive qualities. Moreover, they have a good consistency, intensive colour of yolk and strong shell — an important factor during transportation. Flavouring qualities, plus the consistency of our eggs are reasons for their high appreciation by bakeries and producers of macaroni and confectionary. Fresh shell eggs were exported from Poland even before World War II and were well known not only in European countries but tropical regions too.

Exports of Polish shell eggs are subject to regulations and standards defining type of egg, weight, packing. storage and mode of transportation. Only the best quality merchandise is admitted for export and deliveries are accompanied by certificates issued by the Quality merchandise is admitted for export and deliveries are accompanied by certificates issued by the Quality Inspection Offices. A typical and superior packing for eggs are fir or spruce wood cases. Such packing guarantees protection from breakage while simultaneously ensuring good ventilation, thus preserving merchandise in its freshest state. Apart from fresh eggs, Animex also exports the following products:

frozen whole eggs, frozen egg white, frozen egg yolk, powdered whole eggs, powdered egg yolks, powdered egg whites and crystallized albumen.

All these products have similar qualities to fresh eggs and can successfully replace them in bakery and confectionary production. In particular, they retain the full nutritive qualities of fresh eggs. The most up-to-date equipment in the processing plants guarantees a high hygienic standard of our produce and its appropriate processing. Moreover, the whole production proces takes place under the supervision of highly skilled specialists. Finished products are subject to detailed medical inspection as well as scrutinization by the Quality Inspection Office.

Frozen products are packed in tins while powdered eggs come in polyethylene bags and cartons of 5 kilos (in sets of 4 bags totalling 20 kilos) and barrels of 50 kilos.

Frozen egg products are transported by sea in special refrigerated holds.

The sole exporter of fresh eggs and egg products from Poland is the, "Animex" Import-Export Enterprise.

ovelties

novelty, which will soon egin to be made for export at he Sweets Factory "E. Wedel", and which will be the elight of connoisseurs in England and Germany, are tiny hocolate bottles filled with amous Polish vodkas: Żubówka, Jarzębiak and Vodka Wyborowa. It should be stressed that the alcoholic beverages nside the chocolate bottles are 9° proff (45 par cent of alcool).

novelty, too, in the production of alcoholized sweets are its of orange filled with liquor bout 40° proof (23 per cent f alcohol).

ole exporter of the products f the "E. Wedel" Sweets Factory is the "Agros" Foreign rade Enterprise.

●

Recently, the production of ehydrated vegetables, onions, arrots, parsley and dill, has een taken up in Poland The rst tentative lots of 500 tons f dehydrated vegetables were ent to customers in Federal Germany, Great Britain and he Netherlands in 1967. The ehydrated vegetables were xported by the "Agros" Foeign Trade Enterprise which, n 1967 too, for the first time ispatched a trial lot of a new roduct, powdered garlic, to witzerland.

●





Van Dyck, Rzewuski, Skowronek, Witeź

These four names in the title are names of Polish horses, famous not only in Europe, but also the whole world over. Polish horses inaugurated numerous European and overseas Arab horse breeds. The Polish stallion Van Dyck started the Spanish breeding, the Rzewuski stallion—the East—Prussian breeding, Skowronek—a world champion—the English, and Witeź—the American breeding. Poland holds the position of one of the world powers in horse-breeding and the main power in the class of Arab horses.

●

Poland is one of the few countries which have bisons not only in zoological gardens, but also living at liberty in forests dispersed all over the country. And now six of the 31 inmates of the bison reserve in the Pszczyna forest are getting ready for a trip abroad. Zoological gardens in England and Federal Germany have bought three pairs of these, already rare "overlords of the foresty".

The reserve at Pszczyna has already exported more than 40 of these rare animals. England, Austria, Belgium, Chechoslovakia, Denmark, Finland, the Netherlands, Yugoslavia, the German Democratic Republic, Rumunia, Hungary and the USSR are among the customers for these animals. In spite of that, the number of bisons in Poland does not drop, on the contrary—they increase. This year, for instance, 10 little bisons have been born.





Every week fresh Polish champignos are flown by planes of Polish Air Lines "LOT" to Beirut. Delivered at the Beirut airport at 11.00 p.m., early in the morning there are available in biggest stores, such as, for instance, "Spinney". Or they find their way straight to principal hotels; "France", "Martinez", "Sainte George", "Berit", "Bristol".

Polish champignons exported by "Hortex" successfully compete with local products because of their size and wrapping (1/2 kg polyethylene bags).

●

Equally appreciated on the Lebanese market are frozen rabbits exported by the "Spolem" Foreign Trade Agency. Delivered by ship, our rabbits are supplied to leading hotels where "Polish rabbit" has become a permanent and popular item.

●

At the beginning you might not be able to tell the difference between this and a genuine hunt. The quarry is leaving the forest and you can see first gray silhouettes rushing against snowy fields. And yet hunters' rifles are left lying on sledges and not a single shot is fired during a few hours of this unusual hunt. It has been a successful hunt, nonetheless. You have no doubt about it when





you see the hares struggling in a white net stretched over almost one kilometre's distance. European buyers readily import Polish venison and even more eagerly—our live hares, partridges and pheasants.

No wonder—Europe has a great many hunters and they are less and less satisfied with the number of targets for their rifles.

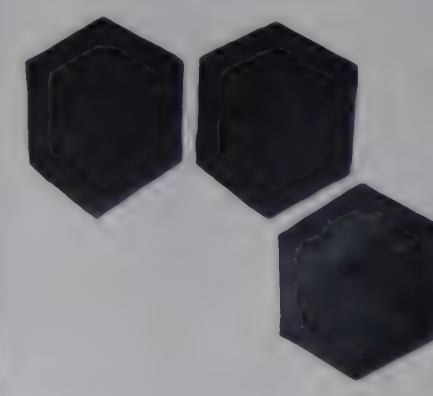
To cultivate this manly sport and the attractions it involves, we must carry out breeding and regularly supplement animal population with imported animals for breeding. And, since Polish hares and partridges enjoy such a high reputation, the bloodless hunt lasts from December till mid-February all over the country.

Every few days the captive travellers are dispatched in special railway vans to France, Italy and the German Federal Republic.

●

A dozen kinds of meads are produced in Poland at present, and quite a number of them have already won over gourmets from England, Cañada, Holland, Japan and the U.S.A. You may be interested to learn that, for instance, "Miód Kasztelański" (Castellan Mead) is made with an addition of hop, vanilla and... fresh celery leaves; "Litewski" (Lithuanian) mead requires an addition of juniper berries, while "Bernardyński" (Bernardine) mead — that of violet root and rose oil.

●



NEW LABELS OF animex

The Foreign Trade Enterprise "Animex" has undertaken to modernize labels used for meat preserves which are exported to West German, British and American markets.

New label patterns, with colours unchanged for particular markets, have been simplified to give forms of picture signs. In the elaboration due consideration has been given to the relative importance of individual graphic and information elements.

All label designs are characterized by a clear-cut division into a commodity mark, commodity picture and name of the commodity with the information side.

One or two kinds of lettering are employed for texts constituting the name of the product and the information side, which results in legibility and clarity of arrangement. And this is precisely what a modernized label is like; clear, simple in colour, concise in graphic lay-out and legible.

*

Let us consider the PEK mark, for example. The modernized PEK label is basically different from the former one. The whole label has been horizontally divided into two colour fields. The PEK mark can be seen in the red field. With its characteristic lay-out and lettering, this is the most conspicuous of all elements of the label.

A picture of the product is in the centre of the label, emphasizing its authenticity with colour, structure and size.

The bottom part carries the name of the product. White letters set against a dark blue background ensure adequate legibility and are likely to attract the attention of a prospective customer.

All modernized PEK labels are identical in colour and similar as regards the lay-out of particular informative elements. Because of this, meat products exported to one market may be easily identified as belonging to the same "family".

Buy horses only in Poland









stallions and brood-mar

draft horses

remount horses

sport horses

riding horses for huntin and amateur riding

recommended by

Foreign Trade Enterprise

ANIMEX

the sole exporter

POLSKA
ANIMEX
WARSZAWA



In the moderate climatic belt of Europe, from Spain to the Ural, one can see a wild plant with pretty blue flowers, growing on balks, field paths and in ditches. This is a protoplast of cultivated chicory (Cichorium intybus var sativa) which has been improved by man through the ages.

The question of chicory growing is discussed below in a wider context of cultivation of root crops to improve the species, along with reference to our methods of processing chicory into dehydrated products, and most importantly — the role which chicory plays in medicine.

Chicory in a perennial belonging to the family of composite plants. It has elongated, spear-like leaves gathered in a rosette. Its stem is rough and hairy, flowers form pale blue clusters. Chicory root grown for industrial purposeshas a carrot-like shape, Analyses of fresh roots indicate the presence of 18—24% dry matter, 12—14% inulin, 1.1% albumen and o 0.3% oil.

Chicory is a highly adaptable plant. It easily accepts new conditions and can be grown in almost any kind of soil. However, the best results, showing up to 400 quintals per hectare, can be obtained on cereal and beet growing soils. Methods of cultivating chicory and its needs for fertilizers are the same as for sugar beet. It requires good tillage, pre-winter manuring, winter ploughing and careful soil preparation in the spring before sowing. Manuring takes 300 quintals per hectare along with fertilizers, including 70 kilos of nitrogen, 140 kilos of potassium and 54 kilos of phosphorous fertilizer. In the system of crop rotation chicory may take the part of other root crops and by its ability to reduce the presence of pests (Heterodera Schachti) in the soil brings a significant increase in beet crops.

At the present time in Poland we mainly breed two varieties of chicory: the old variety "Półdługa Kujawska" undergoing constant improvement, and the more recent one, "Polanowicka". These varieties are adapted to climatic and soil regions to bring the best results. Our present effort is aimed at obtaining a variety of the highest standard. The root of such, a bread should have com-

pact but not hard flesh, give the largest possible quality of dehydrated chicory and have an ever higher content of dry matter and inulin.

In this country we apply the latest method for cultivating chicory — a heterogenetic method based on transgression, namely stimulation of certain characteristics in a plant to obtain a variation to the parental strain. The selection of hereditary species brings new breeds with the required advantages. Each new genus is carefully analysed as regards root crops.

Content of dry matter is checked with the aid of orefractometers while the application of a method worked out by the Institute of Plant Breeding and Acclimatization indicates inulin content.

Processing of chicory begins with washing. Roots are transported into washing bins and afterwards automatically weighed prior to entering a cutting machine. There, horizontal knives cut roots into flakes of 7—8 mm thick which continue their way by conveyor into rotary drying drums. In the drums humidity of flakes is reduced to 12% during two hours of drying in initial temperatures of 500—600°C, finally decreasing to 100—120°C.

In the production of "broken" chicory, chopping roots into cubes of 15—30 mm. is preceded by careful hand sorting to remove mis-shapen and hollow roots. The machine cut cubes are dried on screens in two stages lasting 10—12 hours in a temperature of 80—120°C. Thus prepared, dried chicory cubes and flakes are an export product.

The prescribed standard of dried chicory root for export calls for flakes and cubes of a pale creamy colour with a specific flavour and aroma. The dehydrated product should be compact, well-formed and contain no less than 14% of inulin in dry matter.

These high requirements stimulated efforts to obtain the best quality material. Our dried chicory fully conforms with these export standards.

The reason for intensive cultivation of chicory lays in high medicinal qualitesi of this plant.

From ancient times chicory has been quoted in medical annals as a plant with effective and valuable properties. Some 4,000 years B.C., people were using chocory water, while inulin and intybin were considered the most valuable ingredients of chicory for medicinal uses.

In the second half of our century we can observe a return of medicine and pharmacy to organic drugs, particularly those derived from plants. This trend is evident, for instance, in our increased exports of medicinal herbs.

We observe a considerable interest in chicory and its medicinal properties. At the International Congress on History of Pharmacy held in 1963 in France, physicians and biologists highly praised its qualities. Their reports described it as a medicinal herb with sooting effects for many disorders.

"Coffee with chicory stimulates appatite and digestion and is most necessary to the peptic system" said Mr. Allain Leroux, a renowned autohority from Orchis, France.

"In cases of diabetes, chicory taken as an infusion or brew transforms glucose into glucosides facilitating the work of the liver. Endocrine effects of intybin on bile bring about the liver's proper functioning", was the opinion of another specialist, Mr. Baelden.

A synthetic conclusion of all publications on the qualities of chicory is that the plant has almost universal medicinal effects. Its presence is essential for digestion, functioning of saliva glands, helps swallowing, absorption and assimilation of food by stomach due to improved functioning of peptic glands. Chicory is exceptionally useful for bile ducts, has tranquilizing effects, acts soothingly on the nervous system and heart, has light purgative effects and generally refreshens the organism.

It seems only right to spread the knowledge of chicory and so widen the interest over this plant which is important for economy and beneficial to man's organism.

A. Grodecki M.Sc.
Experimental Horticultural Centre — Kalinowa



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Caraway
Marjoram
Blue poppy seed

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WARSAW CALLING...

October 1968 — April 1969

SCHEDULE OF BROADCASTS IN ENGLISH

8.00 a.m. in the 31 and 41 metrebands
12.00 a.m. in the 19 and 25 metrebands
7.30 p.m. in the 31 and 41 metrebands
8.30 p.m. in the 41 and 49 metrebands
9.30 p.m. in the 41 and 40 metrebands
10.00 p.m. in the 25, 31, 41, 49 and 200 metrebands

All times are in British Standard Time
For a comprehensive picture of life in Poland, keep tuned to the Polish Radio, Warsaw.





A Medal for a Canary

great many years Poland has enjoyed a well-established reputation for canary breeding. Our singing birds represent remarkable value and hav
d immense popularity in many European countries. Several thousand of these beautiful, colourful canaries are exported yearly to Italy, Belgium, Hol
and England by the Polish sole exporter POLCOOP.

*

y breeders are associated in regional sections which cover the entire area of Poland. The Main Board of the Union of Canary Breeders, with its seat
arsaw, has over 7800 members. Every year exhibitions and contests are held by the Union. The most beautiful specimens, real virtuosos, meet a
lish contests where each "artist's" voice is appraised by experts.

since the ability to sing appears to be the essential value of a canary. Among the most renowned varieties there are "wind rumble", bass, "pearl
", rectilinear, and others. When tested for expert, the real masters are separated from those which sing out of tune or possess only mediocre voices.
plumage and colour substantially adds to the value of these lovely birds. Canaries are available in a great variety of colours; they may be yellow, mott
green, white, with or without hues red and chestnut.

*

hundred birds took part in this year's traditional All-Polish Canary Contest which was held in January, 1968. Every breeder presented two
of his specially bred canaries (the whole consisting of four hundred). Birds singing (and each performance lasted around 30 minutes) were heard
a specialist jury.

special "beauty contest" was organized in addition to the singing contest. This was open to canary singers, which, however, could boast of unique beau

FOOD

from Poland



...OOD *from Poland*

... Warsaw 1969 1(22)

...ents

Silver Festive Anniversary of People's Poland . . 2
...re is a simple answer to all that 4
...introduce our exporters 4
World's Open Window 4
...sh Forests crops 6
cocktails 9
...atmeats with the "Społem" Trademark 10
...bex" 11
...adition of almost a century 12
...king first among the best 12
...sh butter 12
...re than 1000 years 14
...coop 17
...eding and seed production of the potato 18
... ... grasses and Papiliona-
...us Fodder Plants 20
...omed" Biopreparations 22
...ion of the Food Concentrates Industry in Poznań . . 23
...rczyn 24

... cover : "The banquet", a picture by Krzysztof Lubieniecki. The picture is exhibited ...e National Museum in Warsaw.

...ZYSZTOF LUBIENIECKI (1659—1729) was highly appreciated as a talented and ...atile artist. As a result of religious wars he went into exile (he was an Arian) and ...t the greatest part of his life in Amsterdam, becoming influenced by the tradition of ...ch painting. His best works are so-called small middle-class portraits and characteristic ...e paintings to which the "Banquet" also belongs. The artist excellently caught here ... the human types and the feeling of a scene so characteristic for those times, when ...ng was the most important part of all social meetings.

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Sehr geehrter Herr Kotowicz,

Wir danken Ihnen für die Zustellung dieser interessanten Z... schrift und würden es begrüssen, wenn Sie uns in Zukunft ... Ausgaben derselben zustellen könnten.

Es wäre anzebracht, am Schluss der Zeitschrift ein genaue... Adressenverzeichnis aller Exportfirmen aus Polen für die ... Produkte erscheinen zu lassen.

Mit unserem nochmaligen Dank verbleiben wir

mit freundlichen Grüssen

Kräuterpfarrer Künzle AG

...e Direktion ...r



BOMMIDALA PURNAIAH
GUNTUR

ZADEN BA...

Wydawnictwa Handlu Zagranicznego
Redakcja "Żywność z Polski"
WARSZAWA
Poland

1. März ...

ALFRED & ...
LIM...



25





THE SILVER FESTIVE...

re are many important anniversaries ng in 1969 in Poland. The most import- of all, however, is the 25th anniversary eople's Poland. Exactly a quarter of a ury ago — the 22nd July, 1944 — was lished in Chełm Lubelski, the first town ated on Polish territory, the historical ifesto of the Polish Committee of Na- al Liberation, defining Poland as a so- st nation, the fatherland of working ple — labourers, peasants and the work- intelligentsia.

manifesto contained the outline of the al economic reconstruction of Poland, ning in this way a new period of our ory. The twenty-second of July, the day the Manifesto, which announced the nation of Poland on new constitutional ciples, became for us the Day of Renais- e, the day of our national holiday.

quite two months later, the new autho- s of People's Poland passed the decree gricultural reform. The Polish autho- s transferred into the hands of peasants t 6 million hectares of land during the rm carried out in the 1944—45 years re also followed, consequent to the agri- ural reform, changes in the social forces ie countryside.

r the many years separating us from the the Decree was published, we can

the results of the reform in farming. We boast today of high yields of grain, excellent results in vegetable cultivation, pomiculture and other domains of farm management. These results offer the best testimony of the advances in our agriculture.

Today, we should like to show very briefly our historical tradition and achievements attained during the quarter of a century after the war in the domains associated with export.

Up to the last war, our country was known only for its farm produce. During the last 25 years in consequence of the transformation of the regime into a people's democratic government where the full authority belongs to the working people of towns and the countryside, it has changed into a country of a large industrial potential.

Poland is ranked among the middle-sized countries as regards surface area (311.730 square kilometres) and number of inhabitants (about 32 million). Nonetheless, as regards growth dynamics it is ranked among the countries developing its economy at a more rapid rate than the world average and more rapidly than the European average. Industrial production, being the fundamental factor of the economic growth of the country, has increased 7.5 times in Poland during the period after the war (world pro-







talist countries 2.4 times during the
e period).

icultural growth in Poland, even though
s not so rapid as that of industry is,
etheless, also very considerable. Farming,
ch is predominantly a small commodity
sant economy is constantly raising its
duction. Over a twofold increase in farm
duction per one inhabitant of the popu-
on has been reached today with a farm
ulation 43 percent less numerous and
rface area fit for cultivation 20 percent
ller than before the war.

compared with the total world produc-
, our agriculture belongs to the rela-
ly large producers. We take second place
he world as regards the magnitudes of
potato and flax yields. The percentage
e of Poland in the total world potato
duction amounts to 12.6 percent and of
ar beets — 6.7 percent.

regards animal production, Poland is
narily a country with a highly developed
ne breeding. It takes 6th place in this
ect in the world and our share in the
ld numbers of swine amounts to 2.4 per-
. Poland ranks 19th in cattle breeding,
nd in strawberry cultivation, 5th in milk
duction and 8th in meat.

concerns export before World War II,

raw materials and semiproducts of a low state of processing. There were larger production plants only in a few industrial branches, mainly sugar refineries producing principally for export. There was also a certain number of meat processing plants which expanded during the thirties the production for export of tinned ham and meat. Bacon also consolidated its place on the English market just as did Polish seeds, known and valued abroad.

After World War II, despite the vast destruction, a modern food industry arose in Poland, resulting from the activities undertaken by the authorities. A number of new food industrial branches (oils, fruit-vegetable, wine production, margarine, food concentrates, fish, dairy, herb, fodder, etc) were organized and expanded in the last 25 years. Large modern plants were started up in all the domains of the food-agricultural branches.

The list of commodities produced in these plants is becoming increasingly larger. We are now producing articles heretofore unknown such as : vegetable-meat conserves, poultry conserves, frozen eggs in bulk, egg powders, lactose, casein, fruit and vegetable juice drinks, glucose for food, frozen fruit and vegetables, ready dinner dishes and

One must stress that not only the quantity
articles produced for export is being incr
ased but its quality is steadily improving a
packing is becoming more modern. A
this is owing to the constant modernizati
of industry, recourse to scientific public
tions, national research institutes and pr
fitting from the ample experiences of high
industrialized countries.

Poland's place in foreign trade is decid
today by the rapidly growing export of m
chinery and industrial equipment (includi
machinery and equipment also for the P
lish food industry) and also by the increas
export of consumption goods.

As regards the total magnitude of expo
Poland takes a leading place in the worl
This concerns, inter alia, coal, sodium h
droxide and, as already mentioned, ma
farm products.

We now look with just pride at the unrolli
road crossed during the last 25 years. W
look with just pride at the present times,
People's Poland, the fruit of intensive wo
and our efforts. The fulfillment of our e
pectations is accompanied by a feeling of t
certainty of tomorrow and by a profou
conviction that despite the still many a
xieties and difficulties, we are proceedi
along the right road.

EDITOR'S OFFIC

THERE IS A SIMPLE ANSWER TO ALL THAT

vou know what all foodstuffs exported
oland owe their high quality and excell-
lavour to ?
answer is simple.

E HAVE

llent raw materials, produced under
ral conditions.

E ARE PROUD OF

rich experience of long standing ac-
ed by experts working in food industry
ts.

E APPLY

dern technological methods in produc-
.

E CARRY OUT

extensive and far-reaching control in
duction. It should also be added that
active, modern and sturdy packing
ys an important part, as well as fast sup-
s effected on time by our Foreign Trade
terprises.

erefore demand and buy foodstuffs
orted from Poland.

We introduce our exporters

Several Foreign Trade Enterprises export food and articles of agricultural origin. We present their names in alphabetical order adding a short characteristic of their activity and their addresses.

AGROS — is an Enterprise exporting crops of orchards, fields and forests. Apart from jams, juices and other fruit products, it exports among others pickled dill cucumbers, pickled and dried mushrooms, frozen-products, alcoholic beverages (vodkas, beer, fruit wine) and sweets.

Address of the Enterprise : Warsaw, Żurawia 32.

ANIMEX, the greatest of Polish enterprises, exports the most diverse animal products, among others hams, bacon, meat products, venison, poultry, and poultry and dairy products.

The enterprise has its site in Warsaw, Puławska 4.

HORTEX — as the Company for Foreign Trade of the Union of Horticultural Cooperatives-sells, first of all, fruit and vegetables and their products. "Hortex" offers also flowers. We advise you in all matters connected with the dealings of this Enterprise to contact "Hortex", Warsaw, Warecka 11 a.

When shopping, please,

On foreign markets appear Polish food-stuffs more and more often labelled with brand marks for the various goods. When buying tasty, nourishing Polish fruit and vegetable products, made of top — quality fruit and vegetables, you are sure to notice the characteristic label with the Krakus trade mark.

KRAKUS

jams made of strawberries, morello cherries, bilberries plums and black currants ;

KRAKUS

fruit in syrop — produced of strawberries, morello cherries, pears, bilberries and plums ;

KRAKUS

vegetable products, such as preserved cucumbers, baby beetroots, in vinegar, asparagus, preserved green peas stringless beans, vegetable mixtures and many other goods ;

KRAKUS

is also the brand name of rabbits in parts, portioned into culinary cuts, in trays packed in contractile foil, and exported by Foreign Trade Enterprise "Polcoop".

YANO

LCOOP — the Foreign Trade Enterprise Cooperatives, sells various goods produced, and foremost, by rural cooperatives, ng others, potatoes, edible beans, rabbit asses, fruit and vegetable products and y others. "Polcoop" has its offices in rsaw, Kopernika 30.

LIMPEX — as the Foreign Trade Enter- e sells in the first sugar, grain, seeds, oil, and potato products. Address of the erprise- 44 Al. Jerozolimskie Warsaw.

BEX — is the Foreign Trade Enterprise ing with the export of fish from Poland. bex" sells both fresh and frozen fish, and products. This Enterprise has its seat in zecin, Odrowąża 1.

OŁEM, a Cooperative Enterprise, exports ducts of consumer cooperative, first of all ets. The address of the Enterprise is : War- , Kopernika 17.

add that all these Enterprises readily supply and written complete information on ex- ts of Polish food-stuffs and agricultural ducts.

Merchants call the Poznań International Fair, held every year, the world's open window. As usually, the Fair was held this year the 13—27 June, 1969 for the thirthy-eighth time. Worth is knowing the fact that the resumption after the war of the International Poznań Fair has gradually become a tool for foreign trade, a branch of the national economy of so great an importance to us.

The number of countries participating in the International Poznań Fair (IPT) has increased during the last 20 years from 18 countries, participating in 1950, to 60 in 1965, and the number of exhibitors from 155 in 1955 to 5530 in 1968.

At the same time — apart from the several odd thousand Polish inhabitants visiting the IPF every year, the number of our foreign guests, trade partners, increased with every year from 1000 persons in 1950 to 11,000 persons in 1968.

THE WORLD'S WINDOW

n't forget that

K
reat Britain

ALANTA
e United States

LA
e United States

AKUS
he United States, Sweden, Italy, France, Canada, brands of meat products, whose exclusive exporter is ign Trade Enterprise "ANIMEX". These lines been already known for scores of years by foreign umers. Polish pressed and chopped ham, shoulders, preserves, luncheon meat, pork loin, goulash, in broth and other products.

n buying Polish butter, known on the British mar- or more than 40 years, you will remark the POLB- ND trade mark.

W, POLMOS
are labelled all Polish vodkas and liqueurs exported heir sole exporter, Foreign Trade Enterprise AGROS will find this mark, which guarantees high quality, buying i.a. Vodka Wyborowa, Żubrówka (Bison d Vodka), Jarzębiak (Rowan Vodka), Wódka Luksu- (Luxury Vodka), Cassis, Delmonico, Goldwasser.





The forest area in Poland totals 8,263,000 hectares accounting for 26.4 percent of the country's territory. Further efforts are needed to reach the optimum level, but it must be noted that every year the afforested area grows larger as compared with the wood felling area.

The share of broadleaved trees in Polish forests is about 16.1 percent. Widespread are pedunculate and sessile oak, beech (the latter especially in the mountains, southern Poland) and on the coast (north-western part of the country), other common trees being birch, alder, ash, maple, sycamore, elm, lime, aspen, willow and others. Spruce occupies 7.8 percent of the area, fir only 2.6 percent, larch is rare enough, while pine grows over as much as 73.5 percent of the forest area.* These are precisely pine woods — not only those mixed in a substantial measure with other trees, but even the most uniform with pine decisively predominating — that appear to be the richest source of timber, a valuable raw material, and at the same time abound in edible forest crops. When a middle-aged tree cover has grown sufficiently thin as

Prof. Dr Wiesław Grochowski
Forestry Research Institute

THE

a result of natural processes controlled and aided by cultivation cuts, then under their canopy — no longer so dense as before — appear bilberries. In the course of time bilberry tussocks spread more and more, yielding fruit in profusion. Bilberries which head the list of Polish forest crops are a mass export item, used as a dessert fruit, for preserves and dishes. Because of tis medicinal, dietetic and nutritive value, as well as its delicate taste, it is widely sought after at home and on foreign markets alike. In poor environmental conditions, unsatisfactory for other plants, grows the whortleberry, the berries of which are most suitable for juices, jams and compotes. Better soil and more sunshine available at the forest edge or in clearing — are necessary for aromatic raspberry bushes, various kinds of blackberry and wild strawberry of aromatic delicious fruit, as well as for blackthorn and wild rose characterized by an extraordinarily high vitamin content. In young pine forests fructification of brown-yellow boletus scatters in abundance, since this mushroom is a useful partner for young pine trees. Older trees live in symbiosis with other mushrooms which vary from season to season. These are chanterelle, edible boletus, variegated boletus, shallow-pored boletus — in summer and autumn. Saffron milk cap and firwood agaric — only in autumn, while in dry forests — Gyromitra esculenta which can be found exclusively in spring

FOREST CROPS

e sure, not only pine forests abound in
le crops. Bilberry found high in the moun-
, too high for pine trees to grow, is even
er in fruit than the lowland bilberry,
ough less common. Cranberry occurs
nly in boggy woods, but also in woodless
peats and transition moors. Elderberry
kely to grow successfully in humus-rich
s, mixed and broadleaved forests, in
vicinity of country cottages and in scrubs.
d rose, hawthorn, blackthorn, sorb, can
n be encountered outside forests. Parti-
r varieties of edible boletus cohabitate
oak, hornbeam and birch, Saffron milk
appears under spruce trees, just as often
nder pines, elegant boletus thrives only
rches are nearby, shaggy boletus favours
h trees, while orange-cap boletus —
hes or aspens. As regards the variety of
ul herbs, shrubs and mushrooms, mixed
ds and broadleaved and mixed forests
superior to homogeneous pine woods; this,
ever, is of limited practical importance,
use scarce quantities of one kind of
s in the former make industrial-scale
oitation difficult and unprofitable.

to vermin and diseases. The so-called complex method is ever more widely followed with priority given to biological means, while chemical insecticides are resorted to only exceptionally in case of absolute emergency. And then — although only a cetain, limited amount of chemicals can possibly get down through the tree cover — the harvesting of mushrooms, fruit and medicinal herbs is suspended to be resumed only after a heavy rain has washed off the chemicals from forest plants and fruit. These far-reaching precautions are worth special attention nowdays that the use of chemicals in gardening and orchard cultivation has become a common practice.

Therefore, it ought to be stated in conclusion that fruit and mushrooms from Polish forests well deserve the high reputation they enjoy with consumers.

The Białowieża Virgin Forest, famous for its fauna and flora, lies partly within the Polish boundaries and partly in the territory of the Byelorussian Soviet Socialist Republic. More to the north we can admire the Augustów Virgin Forest, less famous, although by no means less beautiful and interesting. Westward — the Białystok and Masurian forest-and-lake district extends with its profusion of splendid pines of excellent genetic features. The Tuchola Woods, a huge forest covering the area of 140 thousand hectares lies on the left bank of the Vistula. The Tuchola Woods border on the Koszalin Voivodeship where wooded area amounts to 673 thousand hectares. Still more to the west, in the Szczecin Voivodeship and in the Wolin island, we can find characteristic ligneous and herbal vegetation. Along the state frontier, somewhat farther to the south we reach the Zielona Góra Voivodeship which has the highest afforestation index in Poland — 43 percent. The southern and central regions of Poland also can boast of impressive forests, such as those of the Carpathian and Sudeten mountains (composed mainly of spruce, fir and beech), the vast woods in Silesia, the remnants of the Niepołomice Virgin Forest near Kraków, forests of the Rzeszów Voivodeship, the Sandomierz, Świętokrzyskie Mountain forests, the so-called Kampinos Virgin Forest near Warszawa (at present one of the 10 national parks), somewhat farther, right of the Vistula — the White and Green Virgin Forest, and many others. Some of them still keep their traditional name of "virgin forests" although for a long time now they have been artificially grown. Polish forests are highly valued by the Polish people as a great national wealth.



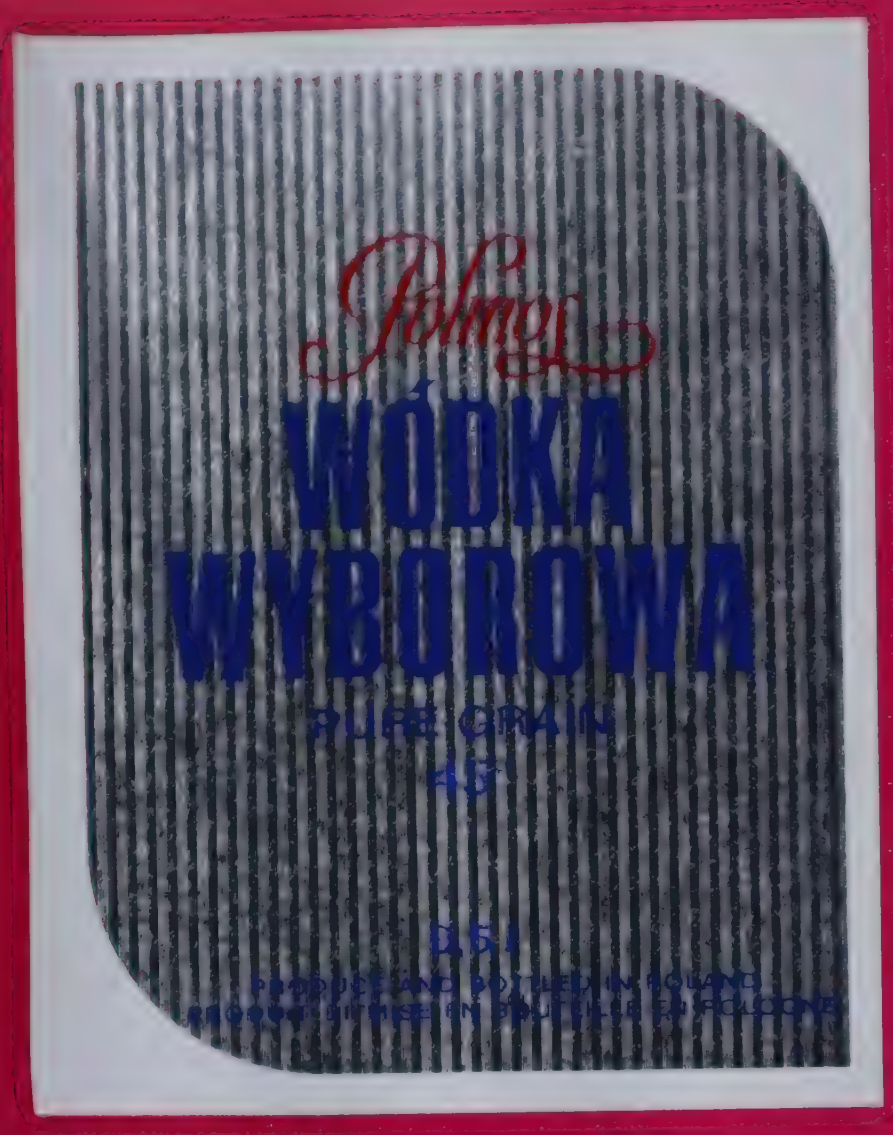




e forest base of edible crops is systemati-
y supplemented by means of afforestation
planting shrubs in fields, in the neigh-
rhood of villages, on river banks and at
dsides. These activities have been stimu-
d by the campaign of planting "a hundred
ion trees and sixty million shrubs in
our of Poland's Millenium".

Poland the harvesting of forest crops is
ied out in an organized and efficient way.
ginated over 20 years ago on a limited
e, the exploitation of forest crops has
ome one of the fastest-developing branches
forest economy with turnovers coming
to hundreds of millions zlotys annually.
forests supply plenty of products which
esent an exceptional value and this aspect
even more important than actual profit
ined. And thus, mushrooms contain
siderable quantities of protein and fat,
le forest fruit is remarkable for its high
tent of sugers, organic acids and assimila-
mineral salts. With regard to the vitamin
tent and presence of other agents control-
physiological processes, wild-growing
ts are as a rule much superior to the cul-
ted ones. Basing on their long-time ex-
ence, Polish specialists have succeeded in
imizing any loss involved by processing
are able to offer consumers full-value
of original taste, colour and aroma.

est crops are uncontaminated with toxic
nicals, since a great emphasis is placed
enhancing the natural resistance of forest



HOW VODKA SHOULD BE SERVED

Because of its neutral character, Vodka Wyborowa has a wider range of uses than other alcoholic drinks.

Vodka should be served iced or well chilled, and to achieve this, the best way is to put a bottle in an ice bucket.

In Poland, Vodka is usually served straight in vodka glasses to go with snacks like cucumbers, pickles, pickled mushrooms, spiced fish preserves etc. (as an accompaniment to specialdelicacies).

Vodka "on the rocks" with ice cubes or cracked ice in old-fashioned glass is also very tasty and can be served throughout a meal with meat, fish, cheese and eggs.

Vodka Wyborowa is the "heart" of good cocktail and in this it does not find its equal. It gives the drink a proper strength and incomparable smoothness without losing, at the same time, its character and specific values, thus having an upper hand over whisky and gin, widely used for this purpose.

Mixed drinks prepared with Vodka Wyborowa are delicate and well mannered. It can be used for all kinds of cocktails, from the very simple mixture of Vodka Wyborowa with ice and dry or sweet Vermouth (generally known as Martini and Manhattan cocktails) or with orange juice (Screwdriver) to cocktails and mixed drinks such as Collins, Highball, Sour etc. of the most delicious taste containing, besides vodka and ice, cognac, ligueur, wine, aperitif as well as fruits, fruit juices and other ingredients.

BEST COCKTAILS

AGROS

Foreign Trade National Enterprise
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Telex: Agros Wa 81-43-91

ave the pleasure
er you recipes
cktails based upon
a Wyborowa
g won prizes at the
tail Competition
in Helsinki in 1965,
ded by representatives
e Union of Barmen

DYLIKE"

f Vodka Wyborowa
f Cointreau
f orange juice

RSZAWA"

f Vodka Wyborowa
f Martini Vermuth Dry
olare liqueur
shot of lemon juice
shot of grenadine

LAR VODKA"

f Vodka Wyborowa
f Polare liqueur (Chymos)
f Fina la Ina Sherry
ncours de Cocktails Paris — 1965
ded by members of the Association of
nen of France "La Genevoise"

SE DE VARSOVIE"

e cocktail-shaker :
f Vodka Wyborowa
f Cherry Wiśniówka
f Cointreau liqueur
shot of Angostura
cherry

CAVALIER"

e Cocktail-shaker :
f Vodka Wyborowa
f Martini Dry
t of Bitter Campari
shots of Cointreau

K"

f Vodka Wyborowa
t of Angostura
f Dubonnet
f Cointreau
range slice
ixed in the cocktail-shaker

YBO-NEW-FASHION"

in an Old-Fashion glass :
Vodka Wyborowa
Vermouth Martini Dry
Vermouth Martini sweet
f a sugar lump
op of Angostura bitter
t of Cassis
lude with 1/2 slice of orange and 1/2
of lemon.



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wo foreign trade representatives exporting Po-
confectionery products throughout the world,
to the Polish Foreign Trade Agency "Agros".
łem" not only exports products derived from
own factories but also from a number of others
ging, among others, to the Work Cooperative
o the United Invalid Cooperatives.

assortment of candies and sweetmeats which
łem" presents to its foreign clients has become
derably broader today as compared to past
.

ce, "Społem", for instance, offers numerous va-
es of filled candies and hard drops of diverse
urs, finger and rexy lollipops of diverse shapes,
urs and unit weights, the famous cream fudge
various confectionary baked products such as
ey cakes, cookies, wafers and waffles.

n, cherry and raisin filled chocolates and many
rs are recommended.

smuch as "Społem" endeavours to adapt its pro-
tion to the wishes and needs of the client, export
king is very attractive and diversified (from bags
00, 200 and 500 grammes) to polyethylene bags
everal kilograms or attractively lithographed tins.
port boxes contain 20 kilogrammes net of products.
połem" confectionery products are most highly
reciated in England, Sweden, German Federal
public, France, Italy and Belgium and also in
A, Saudi Arabia, on the Canary Islands and in
eania.

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ery in Poland belongs to that branch of
omic life which in the last decade is
eving great success. The fishing fleet bas
me considerably larger in the period
tioned. Besides cutters, drifter trawlers,
side trawlers, there are in operation refri-
tor trawlers, factory trawlers and modern
-factory ships. The ample fishing yields
ined on African fishing grounds and on
Northwestern Atlantic and the North Sea
e consequent to the growth of the fishing
. The degree of industrialization is so
and the range of processing on the sea
far advanced that is has given rise to sup-
s being conducted to large fish processing
ts which prepare for the consumer the
put through successive treatment pro-
es. Polish fishing vessels with their com-
lities have reached many countries where
e is a high protein deficit in which con-
ion there is an immense demand for our
modities. Those included in this form of
ort have also aroused the interest of highly
strialized countries where there is a high
dard of fish processing and a trade net-
k organized in a manner enabling the
ply to the consumer of a fresh food pro-
t of excellent quality. The first experience
ed while conducting this form of export
oled to ascertain that the supply of fish
fish fillets directly from the side of fish-
vessels met with the interest and favoura-
appraisal of the wide circles of our con-
ting parties, the numbers of which in-
se with each year.

Polish fishing fleet has proved during its
vities of many years that it would be equal
eet the wishes of the most exacting buyer.
present, full seafish, refrigerated in blocks,
eaded and degutted seafish, refrigerated in
ks, and codfish and redfish fillets, pre-
d according to American and Polish stan-
ls are exported through the intermediation
HZ "RYBEX".

spective of the export of a whole gamut of
sh varieties, there are increasing possibi-
s of exporting freshwater fish to which
ributed planned management, based on
ntific methods, of excellent raw material
land waters. The royal carp, an article in
t demand on the internal market and also
bject of export, advances to first place in
water fish breeding. Polish bred carps,
on sorghum and lupine, are characterized
esh that is less fat, whiter and more com-
than the flesh of carps imported from
tries where maize is used as fodder.

equally important export section is the
rt of eel, which as regards the magnitude

RYBEX

Who likes what

The Greeks took a special liking to the Polish smoked herring.
The Egyptians find Polish mackerel in tomatoes and in naturel tasty.
The inhabitants of the German Federal Republic, France and the Netherlands consider the Polish eel delicious.
The Frenchmen and the British like preserved fresh-water fishes.
Polish fish preserves, exported by "Rybex" (1 Odrowąża Street, Szczecin), won permanent sales markets in many a country of Middle East, Africa and West Europe, where their quality is considered high. In the past years Polish fish preserves were delivered to more than 30 countries the world over.

of delivery is first on the list. Further p
are taken by tench, salmon, bream, pe
pike and roach. Freshwater fish, as depen
on whether they are alive, fresh on ice o
frigerated — are delivered to buyers by m
of diverse transportation means, guarante
proper safeguards for the quality of the c
modity and delivery within term time.

The natural resources of our inland wat
not limited just to fish. There are also cray
known for their unusually delicate and sa
flesh ; they occur in Poland in three variet
quality, mud and striped.

The next very important trend in fish ec
my is the production of fish conserves.
increasing supplies of freshwater and sea
with each year constitutes the principal r
material base for factories producing fish c
serves and semiready dishes. Polish fish c
serves are known to and very popular am
gourmets of the whole world. We owe
good opinion to the diversified varieties
to the undeniable organoleptic values. T
is nothing to be wondered at here — on
technological part, they are prepared
carefully, using the latest methods and
particular check-up of their production. A
the excellent recipes, assuring an agree
spicy flavour and delicacy of the produ
have here their tradition, issuing from ex
riences of many centuries of the Polish ki
en, where fish dishes always were the c
terpiece of the table. The entire product
process takes place, beginning with the che
up of raw material, under the close supervis
of the Veterinary Sanitary Inspectorate.
even the smallest batch of commodities
leave the processing plant without a certifi
issued by the VIS. An equally accurate che
up is carried out by the Central Standa
zation Inspectorate, which examines the pa
meters of the commodities, establishing
quality and conformity with the contract, t
issues the certificate.

Even though fish processing is Poland
a relatively short tradition, the products
offer, among which are "Baltic Sprats in O
"Antipasto", "Livers in Own Fat" — "
sher Carp", "Smoked Eel in Oil", "Brislin
"Mackeral" and herring and mackeral c
serves, prepared according to a number
known and tried recipes — found regu
buyers on the very exigeant European m
kets and have attained a class which sets th
in the order of products with the highest wo
standard, establishing their identity with
quality sign "Q".



A TRADITION OF ALMOST A CENTURY

field of poultry exports Poland has longstand-
ell-known traditions. Natural conditions —
d climate — were the base of poultry breeding
oment in this country.

)th anniversary of post-war poultry products'
s almost coincides with nearly a century-old
on of trade in these articles. This tradition
as one of the oldest among the European
ies dealing in exports of poultry products. For
y as in the second half of the 19 century, the
rms dealing with the purchase and trade in
ere established in Małopolska (Galicia).

irst transaction after World War Two was
ded with England in October, 1946. Several
later came the first transaction with Switzer-
Already at that time, the quality of the products,
ing and timely deliveries caused admiration
. Nobody expected that, after such immense
struction, Poland will be able to start well or-
d exports that early.

48 the 30 millionth, egg was shipped from
d to England. The first transactions convinced
n customers of the high quality of products,
m packaging and standarization. They became
ndation of the development of subsequent egg
s, which, still going on today, are conducted by
ANIMEX" enterprise with such a success that
l became one of world's leading exporters.



Ranking first among the best

ANIMEX

The products of the Polish meat industry, ham and meat preserves in particular, have for 35 years been very well known on many world markets. Thanks to the favourable conditions for pig and cattle breeding, they have attributes rating them as the best products in this group, of quality nad flavour equal to none.

Natural conditions of breeding, rational feeding, strict veterinary control cause that the meat intended for ham and meat preserve production achieve the highest quality. Uniform provi sions regulating all stages of production i.e. the way of curing, smoking, steri lization and temperature of the produc in separate phases result in the alway unchanging quality, appearance an flavour of the product. A careful pack ing and strict quality inspection guar antee easy sales for the buyer, an a product of excellent quality for th customer.



ANIMEX as a central office exporting products of animal derivation, ha been exporting Polish products for 15 years to Great Britain, continuing th export of this product which was begun 40 years previosuly.

WHY IS POLISH BUTTER HIGHLY EVALUATED BY FOREIGN BUYERS

Polish butter has a delicate, nutlike, refreshing taste and a smell of almonds. It melts easily in the mouth and creates a feeling of coolness on the lips. Polish butter is easy to spread on bread, its consistency is uniform, compact and contains no free water. And last, the external appearance of butter exported from Poland is pleasing to the eye, enhanced by its asthetic and modern packing.

To supplement the information, let us furthe say that Polish export butter is the natural fa derived from the milk of cows fed on natura fodder, primarily green forage, whose exuber ant growth is fostered by both the climate an soil of our country. Under such condition Polish butter has exceptionally high dieteti properties and stands out from among othe edible fats.

POLSKA ANIMEX POLSKA ANIMEX POLSKA ANIMEX

the most important products of this
up, renowned mainly on the British
German market, belong the hams
ring PEK and YANO trademarks
is is a delicatessen product, the high
lity of which meets the require-
nts of most tastidious customers,
which owes its reputation to the
ellent taste, aroma, tenderness and
culence of the meat. Very good for
ting into thin, firm slices. Particul-
y suitable for tourist and weekend
rposes is the small, 1 lb ham.

anks to the above mentioned pro-
ction conditions Polish ham is an
perishable product, economic in use
d — because of these qualities —
y much in demand with many
oreign customer.

other high-quality meat preserve,
pular in Great Britain and the GFR,
ham shoulder, which in quality does
differ much from ham. Shoulders
ong to a similar assortment group
aracterized by an excellent, piquant
vour and agreeable aroma. The
ality of these preserves surpasses
t of all competitive products of this
d. Poland belongs at present to the
ding producers of this type of pre-
ves.

inced ham and shoulder belong also
widely popular meat preserves. They
e manufactured from ham and shoul-
r meat very finely minced and mixed
a vacuum mixer. Minced ham and
oulder are very tasty preserves, no
s tasty than the traditional ham and
oulder. They are particularly suited
r sandwiches and for retail sale.

Next to ham and shoulder, the finest pork meat preserve is pork loin coming in traditional quadrangular tins. This is a luxury product, made from lean, well-fleshed loins, carefully processed. It has a characteristic delicate and mild taste and flavour and a shape excellent for slicing.

Of the other attractive meat preserves mentioned should be :

— veal preserves : jellied and minced veal. Because of their excellent flavour and nutritive qualities these preserves are in great demand as dietetic food for children, the sick and convalescent people ;

— pork, beef and veal tongues very much sought after and renowned for their delicate flavour and high nutritive values ;

— meat loaf is a gulash type preserve, very good in taste and piquant, manufactured according to a recipe especially worked out for the Swedish market ;

— corned beef is a preserve made from pickled beef meat, very tasty and of high nutritive value.

Apart from the above listed products, the Polish meat industry offers : veal in sauce — an exceptionally delicate and good in taste preserve, and tinned beef made from pickled meat of a piquant, marvellous taste, in tins of about 450 g capacity.

The kinds of preserves briefly outlined above constitute only the most important actual assortment, to which new articles are constantly added in accordance to the current requirements of the customers.

Sole exporter of the above mentioned products is the ANIMEX Foreign Trade Enterprise, Warszawa.



POLSKA ANIMEX

POLSKA ANIMEX

STADNINA KONI
Janów Podlaski

150th

anniversary

The history of the stud farm at Janów and its noble-born inmates, offers colourfull and impressive reading a substantila contribution to national history. That is why the Reader should not take amiss that I call Janów Podlaski a "Mecca of Arabs". That is the name attributed to the locality by lovers and admirers of pure-bred horses — statesmen, politicians, journalists and tourists visiting the Janów stud farms and admiring it, one of the oldest and unique stud farms which celebrated last year the 150 anniversary of its foundation.

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MORE THAN

hospitality has been talked and written about with ation and high regard for almost 1,000 years now. in the year 1,000 the German Emperor, Otto the paid a visit to the Polish King, Bolesław Chrobry Brave), he was received with great splendour in no, the capital of Poland at that time. This ban- became a lively commented upon event and re- ns of it may be found in the chronicle of Theitmar n in those days.

not only Polish kings and nobility who were hospi- When in 1364 a famous "Congress of Monarchs" ld in Cracow upon the initiative of Kazimierz the a city municipal counsellor, Mikołaj Wierzynek his house a really royal reception attended by one or, three kings and a whole aseembly of Polish and princes... This royal gesture of hospitality of townsman set an example which often was later ed.

e of Poles in olden days was brightened — perhaps oo often — by wonderful feasts arranged on any une occasion.

modest homes of the gentry, in rich monasteries ouses of prominent townsmen food was prepared, s not in such a sumptuous manner, but certainly with more "heart" put into it and care both for tastiness and wholesomeness of meals.

It is not by sheer chance that Polish cuisine rapidly attained a high level which it maintains until the present day. Good cuisine must be diversified and Polish housewives never had reason to complain about lack of excellent raw materials.

Let us take a liberty and peep into a Polish pantry of 1000 years ago. One would certainly be amazed at the variety of stocks hoarded by a provident hostess.

Here in a variety of groats which so excellently complement meals prepared from boiled and roasted meats and from which one could prepare tasty and wholesome soups. Also wheat and rye flour, dried peas, butter beans, hemp oil, poppy seed, both dried and pickled mushrooms, smoked meats and the old Slavonic cured sausages, pork fat, butter, cheese, clay pots filled with fragrant honey, wooden barrels full of beer...

Some 1,000 years ago there was no lack of vegetables or fruits in Polish cuisine. Their choice was much poorer than in our days. Nevertheless, carrots, cucumbers, onions and turnip were widely grown. Since already in those days orchards were successfully developing apples, plums, cherries, sour cherries, and occassionally even pears appreared on tables in Poland.

BAKED POLISH HAM WITH RICE AND RAISINS

8 thin slices Polish ham (tinned), mustard, 1/2 cup cooked rice, 1/2 cup chopped raisins, 1/4 cup chopped celery, 1/4 teasp. paprika, salt, milk, 1 egg.

Spread mustard on slices of Polish ham; mix rice with raisins, egg, celery, paprika and season well. Place filling on slices of Polish ham, roll them and secure with tothpicks. Place in baking pan, brush top of rolls with milk and bake in fairly hot oven for a short time. Serve with Cumberland sauce.

POLISH HAM AND EGGS

Place slices of Polish ham (tinned) in frying pan with melted butter. Break the whole eggs over the ham keeping the yolks whole. Sprinkle with salt and pepper. Fry slowly or place in hot oven until cooked.



Best bacon

from Poland

nse, almost impenetrable forests and woods supplied abundance edible mushrooms as well as raspberries, d strawberries, bilberries, cranberries and other wild it. Rivers and lakes were full of fish and the cuisine of ancestors after Poland's acceptance of Christianity came renowned for its excellent Lenten fish dishes ich surpassed even famous old Polish meals prepared m game. The meals were seasoned with salt and va-us aromatic herbs.

a very early stage there appeared in wealthy homes ported spices such as pepper, ginger, cloves and others. rough the country passed many ancient trade routes. nce Polish amber and furs in those days were a valuable rrency, it is difficult to imagine Polish housewives not ing interested in exotic spices.

later centuries the possibilities of Polish cuisine con-erably expanded. It owes the "discovery" of many new getables and fruits to Italians, many of whom settled in land after the marriage of King Zygmunt the Old to Italian Princess, Bona Sforza (1494—1557).

Delights of good Polish home cooking soon became an inspiration for Polish poets and writers. Thus, for example, Mikołaj Rej (1505—1569) wrote on culinary matters. His widely known masterpiece "A Mirror", is a real encyclopaedia of the old Polish culinary art. Rej was not only a culinary theoretician but a devoted "practicing" gourmet. From his works we learn that in the first half of the 16th century Poles ate radishes, lettuce, cress, melons, parsley, cabbage and sauerkraut, turnip, parsnip, beetroot, horseradish, apricots, peaches, pears, walnuts and apples.

Thus already in the first half of the 16th century Polish cuisine had at its disposal almost a complete assortment of "means of culinary self-expression". The fertility of our soil, richness of rivers and forests and the quickly developing fruit and vegetable gardening plus the culinary talents of Polish housewives — all this added up to the fact that Poland became a real "culinary power" in the Europe of those days.

H.V.

1000 YEARS

POLISH BACON STEAKS AND STUFFING

4 short back rahers 1/4—1/2 in. thick, 8 forcemeat stuffing balls, little beaten egg, breadcrumbs coating, seasoning to taste. Beat bacon steaks fairly flat with wooden rolling pin. Coat with sensoned egg and breadcrumbs. Place bacon on a wire rack in a baking tin and bake for 20—30 minutes at 3as gmark 6, electric thermostat 400°. Bake forcemeat balls in the bakin tin under the steaks for at least 10 minutes of cooking time. Serve hot on a bed of mashed potatoes surrounded by the forcemeat. Garnish with chopped parsley.

PEARL BARLEY SOUP KRUPNIK A LA POLONAISE

8 oz. mixed vegetables without cabbage, 1/2 lb. soup bone, 1/2 cup pearl barley, 4 to 5 parts water, 1 1/2 tablesp. butter, 3 medium potatoes, 1 cup sour cream, salt, parsley and dill greens, bay leaf, allspice, 1 or 2 egg yolks.

Clean vegetables and bone, prepare stock, drain and cut vegetables. Rinse cereal, cover with cold water, add butter and cook on small fire until it thickens. If too thick, dilute with stock. Peel potatoes, cut in the cubes, cook in stock. Add cooked cereal to stock and vegetables. Add sour cream and salt to taste. Before serving stir in yolks and greens.

BORTSCH (BEETROOT SOUP) WITH POLISH HAM DUMPLINGS

1/2 lb. mixed vegetables, 3/3 raw beetroots, 1 onion, 2 dried mushrooms, juice of half lemon, sugar, salt, bay leaf; Dumplings dough 1/2 lb. flour, 1 egg. water, salt; filling: 1/2 lb. ground Polish ham, 1 1/2 oz. butter.

Wash and peel mixed vegetables, cut into thin slices, add dried mushrooms and cover with water, and boil until tender. Peel red beets, cut into thin slices and cook in small quantity of water until tender. Strain vegetables and beets and mix extracts together. Add lemon juice, salt and sugar to taste and bring to a boil. If necessary, add some water, 5 helpings.
Sieve flour, add egg and salt, cut with knife, gradually add water. Cream butter and ham. Knead dough, place on board, roll thin and cut in 2 inch squares. Put filling in the middle of every square, fold diagonally firmly pressing the edges. Overlap two outer corners press firmly together. Drop into boiling salted water, when cooked, drain off water, and rinse with hot water. Pour melted butter over top before serving.

POLISH "BIGOS" WITH HAM

1/2 lb. Polish ham, 1 lb. Polish sauerkrau 1 lb. cabbage, 1/3 lb. pork meat, 1 1/2 c cooking fat, 1/4 lb. Polish sausage, 1/4 l Polish bacon, 2 ozs. lard, 2 ozs. toma puree, 2 dried mushrooms, 1 onion, s pepper, bay leaves.

Bigos is a celebrated Polish dish. In the pa it used to have sauerkraut as the main i gredient to which were added large qua tities of meat of several kinds, baco smoked meat and dried mushrooms. It h to be spicy, savoury and rich, and old rec pes required long cooking. It was cooked large pots, especially in the winter, sin the flavour of Bigos is only improved b warming up. Nowadays, bigos is cooked a more modest fashion. Pour small quan tity of boiling water over sauerkraut, ad bay leaves and boil until tender. Clean th cabbage, slice in rings, cook in small quan tity of boiling water, same way as saue kraut. Soak the dried mushrooms in wate clean and boil till tender, cut in strips an add to the cabbage. Wash the pork mea sprinkle with salt, heat cooking fat in pa and fry pork until brown. Cool and out int thin strips, then add it, together with Polis sliced bacon, to sauerkraut and simmer un til tender. Try the onion in lard and add the cabbage. Mix the cabbage with th sauerkraut. Cut the Polish ham into strip remove rind from sausage and slice. M ham, sausage and tomato puree with bigo season well and bring to a boil. Yourca improve the taste of bigos by adding a va riety of meat, such as roast veal, roast be or poultry. To make a gourmet's treat, ad red wine. Bigos can also be made witho cabbage from sauerkraut alone.











tex offers:

ESH FRUIT
D VEGETABLES

IT Strawberries, Cherries, Morello Cherries, eberries, Black and Red Currants, Plums, ngages, Raspberries, Pears, Apples (dessert), es (for the industry).

ETABLES Onions, Potatoes (early and medium white and yellow fleshed), Garlic, Horsera- Leek, Celery, Parsley, Red Beets, Cauliflo- Cabbage — white, red, Savoy, Brussels sprouts, t, Radish, Swedish Turnip, Cucumbers, As- us, French Beans, Rhubarb, Lettuce Scorzo-

SHROOMS: CHAMPIGNONS (white and

EEP-FROZEN FRUIT
ND VEGETABLES

IT Strawberries, Raspberries, Morello Cher- Black and Red Currants, Plums, Gooseberry

ETABLES Spinach, Green Peas, Green Peas

HORTEX
WARSZAWA

Company for Foreign Trade of the Union
of Horticultural Cooperatives.
Warecka 11a, Warszawa, Poland
Cables: Hortex — Warszawa
Phones: 27-46-31, 27-23-15, 27-47-24
Telex: 814257

FRUIT AND VEGETABLES SEMI-PRODUCTS

FRUIT PULPS Strawberry, Raspberrd, Morello Cherry, Black and Red Currants, Gooseberry

VEGETABLES SEMI-PRODUCTS Picled cucumbers, Cucumbers in brine, Onions in brine,

FRUIT JUICES CONCENTRATES Raspber Morello Cherry, Strawberry, Black and Red C rrants, Bilberry.

DRIED VEGETABLES Onions, Celery, Carro Red Betroots, Parsley.

FRUIT PRODUCTS
JAMS Strawbeery, Raspberry, Morello Cherr Goosberry, Red Currant, Black Currant, Bilberr Mixed Fruit Marmolade, Plum Puree (Povide

PASTEURIZED FRUIT Strawberries, Raspbe ries, Morello Cheries, Plums, Apples, Blackberrie Black Currants, Bilberries Gooseberries.

FRUIT IN SYRUP Strawberries, Raspberries, Ch rries, Morello Chorries, Pears, Blackberries, Bla Currants, Plums, Gooseberries, Greengages.

FRUIT JUICES Tomato Juice, Fruit Nectar, Fru Syrups, Concentrated Fruit Preserves, Tomato Past

VEGETABLES PRODUCTS Green Peas, Gre Stringless Beans (Whole and cut), Carrots, Pickl Gherkins, Beans in Tomato Sauce, Peeled Potato Asparagus (Whole and cut), Red Beets „Baby Beet (Whole and sliced), Pasteurized white Cabbag Pickled Dill Cucumbers, Mixed Vegetables, Sal in brine

CUT FLOWERS Roses, Carnations, Tulips, D

POLCOOP

or the first time Polcoop represented at this ar's Poznań International Fair three im-ortant lines of agricultural and food pro-ucts :

- conventional export articles purchased and ntracted for by the cooperative organization supplies and sales of the "Peasant Self-elp" Agricultural Centre of Cooperatives ;
- articles purchased and contracted for by ork cooperatives which, in the past years, ere exported by the "Coopexim" Foreign rade Enterprise ;
- goods sold so far by the "Prodimex" Fo-ign Trade Enterprise, manufactured by oducers united in the Small Production ommittee.

oreover, by a decision of authorities, also ports of peat were taken over from the Terexport" Foreign Trade Enterprise.

he concentration of that immense range of oducts in the "Polcoop" Foreign Trade nterprise

- adds to its importance on foreign markets ;
- makes Polish exports of agricultural pro-ucts and foodstuffs more efficient ;
- opens perspectives for an increase in turn-er ;
- simplifies and cuts down the path from nporter to supplier.

ext to exporting agricultural and food pro-ucts to nearly all countries of the world, olcoop handles also the cooperative trade, hich it maintains with cooperative organiza-ons and cooperative foreign trade enterpri-s of the socialist countries.

he Poznań Fair has a special significance for olcoop because, thanks to the spacious stand, offers an opportunity to display the full oice of products available for export, which turn makes talks with customers easier and ermits an immediate inspection of the quality products, the packaging, labels, etc.

his year the following products are dis-ayed at the Poznań International Fair : eds for edible and fodder plants, forest pro-ucts, peat, potatoes and potato products, ozen meat products and canned meat, frozen bbit meat, fruit and vegetable products and mi-products, various goods (frogs, snails, naries).

xport novelties :

isplayed for the first time at the Poznań Fair re new articles included into foreign tus-

— peat — 0,21 cu.m. garden peat bales in conventional packaging ; 0.21 cu.m. henhouse peat bales in conventional packaging ; garden peat bales in polyethylene packaging coming in 3 sizes : 0.17, 0.13 and 0.085 cu.m. ;

— meat preserves — lunch delicacy in 300 g tins ; beef with green peas in 400 g tins ; beef with vegetables — in 400 g tins.

— fruit and vegetable preserves — syrups in 0.33 bottles ; sliced cucumbers in 0.5 jars ; pickled dill cucumbers in 1/1 tins ; Nr 1 and Nr 3 vegetable salad in 0.45 jars ; salted cauliflowers in 0.9 jars, cut French beans in 0.9 jars; raspberry, cherry, strawberry, blueberry, black currant, gooseberry and plum jam and plum butter; pasteurized cabbage; pasteurized potatoes ; dried vegetables ; scorzonera in 1/1 tins ; frozen vegetables — cucumber salad, cauliflowers, mixed vegetables, cut carrots, celery, beetroots, pickled dill cucumbers.

Every year the quality of the products exported by Polcoop is systematically improving, the choice of goods is widening, and attractive and stylish packaging wins many a new customer.

Polcoop commercial activity is conducted in several lines of business. The most important is the export of potatoes (both edible and seed potatoes), of which Polcoop is the sole exporter.

Polcoop's second priority article are frozen rabbit carcasses, and in this line a rapid growth is anticipated. Producers of these articles meet all the requirements of foreign customers, preparing the wares under observance of absolute hygiene, selecting for slaughter only completely healthy specimens examined by veterinarians.

The third important export item is poppy seed, an article delivered to many a country in the world from the moment POLCOOP was founded.

Advertising of more than 70 other articles exported by Polcoop is carried on in many foreign publications, also prepared are constantly updated business guides like catalogues, folders, leaflets, etc. in several languages.

The Polcoop display at XXXVIII Poznań International Fair presented a full picture of its export activity, attracting visitors both by the products presented and by pictures, posters

For half a century

Potato has a centuries-old tradition in Poland. The annalist of the Polish king August II (17 century) me that, on the occasion of the king's birthday, served first time were big tubers (of potatoes) brought by mer from Spain.

However, they did not find appreciation and their culti was abandoned.

Potatoes were "discovered" in Poland for the second as late as in the first half of the 19th century. At that their nutrutious values were noticed and they also b valuable fodder and important industrial raw material

Poland started exporting potatoes for the first time inter-war period (since 1919). After World War Two, 1951, Poland exports potatoes to nearly all continents world.



Potatoes

Poland is one of the biggest potato exporters in the w The Polish potato exporter is POLCOOP Foreign Enterprise of the "Peasant Self-Help" Agricultural C ratives Centre. Polcoop exports potatoes to near European and overseas countries. Worth notice is th that potatoes are exported also to South America, the of their origin. Favourable weather conditions, trad in the cultivation of this plant (appropriate crop rot application of natural fertilizers and proper care) ar factors which cause that Polish potatoes are disease-resi bear long storage well and guarantee good crops.

The buyers of Polish edible potatoes also know wel Polish edible potatoes, not saturated with chemicals excellent in taste, and many a variety is perfect for the duction of fried potatoes and chips.

Polcoop exports edible and seed potatoes of Polish foreign varieties. The potatoes varieties exported by Po like : Bintje, Flisak, Opus, Wis, Epoka, Majestic, Sieg Pierwiosnek, etc., are always in great demand.

The potatoes are delivered in standarized jute bags, net weight each, or in special crates.

Foreign Trade Office of the Centr Agricultural Union of „Peasants Sel -Aid" Cooperatives.

Warszawa, Kopernika 30, Poland
Cables: Polcoop — Warszawa
Telephone: 26-10-81,
Telex: Polcoop Wa 814451

The first function in seed production is plant breeding. The principal purpose of plant breeding is to produce new cultivable plants and to maintain the present varieties on the present level of usefulness.

The new varieties produced by breeding stations are evaluated, after being accepted he Application Book during 3-year field experiments con-ed by the State Commission to Evaluate Varieties at the stry of Agriculture.

those new varieties are admitted for registration and pro-ion which have exhibited in the field experiments a high omic value, higher than the value of the varieties already cul-ed. At the same time, the State Commission to Evaluate eties systematically checks by experiments the economic e of varieties already being produced.

he basies of the experimental results obtained, varieties less able at present are withdrawn from production, and those orming to the current requirements in this respect are intro-d. The results of such experiments constitute a foundation etermining the choice of varieties intended for production in idual regions.

work of breeding papilionaceous plants and grasses at the ons is focused on the production of new varieties that are intensive and fruitful than those cultivated to date, are dif-tiated as to length of the vegetative period, adaptation to rse climatic conditions and modes of utilization (meadows, ure fields, aftercrops). Much attention is paid to achieving tance to the most common pathogens.

der ot solve more rapidly and efficaciously problems in plant ng at the stations, 12 leading stations were established within programme of the Plant Breeding and Seed Production n. On the one hand, the leading stations cooperate with tific posts of Institutes, and on the other with stations specia-g in the breeding of definite groups of plants.

e is a concentration of material means and professional per-el at the leading stations. The group of highly qualified wor-specializing in the given line are responsible for :

orking out a method of breeding the plants, determining the ns and scope, coordinating and comparing results ;



old you not to lie down on a field sown with beets from Poland

BREEDING AND SEED PRODUCTION OF GRASSE AND PAPILIONACEOU FODDER PLANT

— conducting accurate ways of breeding plants, based on su ably equipped specialized laboratories and ample, built-up co lections of plants. The effect of such work is to be the initial m terial for the production of new varieties ;

— furthermore, the leading stations are to constitute a labor tory background for plant-breeding stations cooperating wi one another, implementing the further programme in the give plant group.

These stations were granted investment priority.

As a result of the work conducted, in recent years the recor show the following original varieties:

in the coarse-seeded papilionaceous group	19 varieti
in the fine-seeded papilionaceous group	11 varieti
in the herbage group	30 varietie

From among the more interesting varieties regionalized in th last decade, mention can be made of :

1. Coarse-seeded papilionaceous plants :

— fodder lupine — "AS" and "Lima" varieties,
— pea varieties — "Gold Pomorski".

One variety of "Vianta" lupine, "Milenia" spring vetch an "Regina" winter vetch were accepted for the Book of Applic tions.

2. Fine-seeded papilionaceous plants :

— "Podkowa" white clover,
— "Zorza" Alsike clover,
— "Opolska" crimson clover,
— "SK-48" and "Perska" Sainfoin,
— "Skrzeszowicka" and "Bursztyn" bird's food trefoil,
— "Warta" Serradella.

Two new varieties of alfalfa, including 1 synthetic variety calle "Ewa", 1 variety of yellow trefoil called "Pomorska" and 2 v rieties of serradella.

3. Herbage : 6 varieties of lawn grasses were accepted for th record of original varieties.

The production of Super stock and stock regionalized breedin varieties is conducted at the plant breeding stations. Speci emphasis ahould be laid on the increased production of breedin



arse-seeded papilionaceous — from 527 tons in the fiscal 958/59 to 810 tons in 1967/68 ;

e-seeded papilionaceous, from 26 tons in the fiscal year 59 to 128 tons in 1967/68 ;

rbage from 11 tons in the fiscal year 1958/59 to 92 tons in 68.

principal aim of seed production consists in propagation number of years of material supplied by the breeding of -stock or stock into seed material qualified at lower levels nal and I-seed screening).

ntire production of qualified seeds is contracted for by seed rises.

rying out contract tasks, the plantation service observes :

riction of the production of seeds of individual varieties the region established for the given cultivation. Condi- in these regions are assured as concerns the soil require- of the plant and the obligatory spatial isolation is main- ;

ction of suitable stands ;
es of seeding the fields ;
sery measures ;
per mineral fertilization ;
t control ;
per time of harvesting.

of fodder plants are subject to official control carried out executive committees of the voivodship national councils, spectorate for Control of the Quality of Seed Material. sional qualifiers subordinate to these inspectorates ap- the field during the vegetative period and, on the basis appropriate regulations in force qualify the cultivation ; eed Appraisal Station makes a laboratory evaluation of the naterial.

ematic increase in the demand for qualified seeds of fod- ants caused a considerable increase in the drawing up of cts, including :

rse-seeded papilionaceous

n index of 100 in 1958/59

— fine-seeded papilionaceous
from an index of 100 in 1958/59
to an index of 632 in 1967/68

— herbage
from an index of 100 in 1958/59
to an index 154 in 1967/68.

The purchase of seed material by contract was as follows over the last decade

	1958/59	1967/68
coarse-seeded papilionaceous	100	368
fine-seeded papilionaceous	100	610
herbage	100	279

Parallel to the quantitative increase of purchase by contract, the effectiveness of the production has become greater by means of increased crops per hectare and better quality.

The fundamental responsibility of seed-production enterprises is to supply farming with a full range of seed material.

The increase of supplies for delivery to farming in the country is presented as follows ;

	1958/59	1967/68
coarse-seeded papilionaceous	100	264
fine-seeded papilionaceous	100	210
herbage	100	181

Besides increased deliveries of fodder plant seeds for domestic needs, the seed enterprises subordinate to the Plant Breeding and Seed Production Union have become important exporters of these seeds. The growth of export in the period under discussion is as follows :

	1958/59	1967/68
coarse-seeded papilionaceous	100	1,760
fine-seeded papilionaceous	100	744
herbage	100	323

The majority of exported seeds of the fodder plant varieties have been entered on the list of varieties covered by qualification according to the international OECD system. Reproduction of foreign varieties is conducted as well as the exportation of domestic varieties of herbage seeds.

Seeds are exported to almost all countries of Europe and outside of Europe.

ROLIMPEX

CENTRAL OFFICE OF FOREIGN TRADE

exports seeds of coarse-seeded and fine-seeded papilionaceous plants.
We send on request information, catalogues, prospectuses and trade tenders.

Warszawa, Al. Jerozolimskie 44
Tel. 26-20-11
Telex : Rolimpex 81-43-41
Telegr. : Rolimpex-Warszawa

BIO MED

„BIOMED" PREPARATIONS

Botulinum Antitoxin Polyvalent (type A + type B)
Botulinum Antitoxin Monovalent (type E)
Tetanus Antitoxin
Diphtheria Toxoid Adsorbed on Aluminium Hydroxide
Diphtheria Toxoid with Tetanus Toxoid Adsorbed on Aluminium Hydroxide
Diphtheria-Tetanus-Pertussis Vaccine
Lackid
Lyophilised Intradermal BCG anti-Tuberculosis Vaccine
Neoflaminum "Weak"
Neoflaminum "Strong"
Neurovaccinum I, II and III
Panodina
Pertussis Vaccine
Streptococcus Anatoxin
Streptococcus Antitoxin
Typhus Vaccine
Vaccine according to Delbet
Biogonadyl (Human Chorionic Gonadotrophin)
Cytrochrome C
Distreptase bottles, tables and Suppositories
Gastrotrombina
Hyaluronidase
Protamine Sulphate
Thrombin
Cardiolipin Antigen for the complement fixation test
Cardiolipin Antigen for the microflocculation test
Cellular Antigen of Rickettsia Provazeki
Cellular Antigen of Rickettsia Mooseri
Soluble Antigen of Rickettsia Provazeki
Kahn Antigen
Lyophilized Complement
Ceruloplasmin
Catalase crost.
Collagenase
Plasminogen
Dried Diagnostic Medium for Candida Albicans
Glycogen
Trypsin
Zymosan
Human Serum Proteins for Immunoelectrophoresis
Standardized Reagents for Hemoglobinometry
Diagnostic Serafor Following Viruses :
Coxackie A_9
Coxackie B_1 — B_6
ECHO 1, 3, 4, 5, 6, 7, 8, 9, 11, 12, 13, 14, 15, 17, 25
Membrane Filters type "Coli" 5

SOLE EXPORTER

Ciech

Poland, Warszawa 1, Jasna 12, P.O.Box 271

UNION ON THE FOOD CONCENTRATES INDUSTRY IN POZNAŃ

of the Food Concentrates Industry in Poznań
eparing of savoury and nourishing home-made
equires housewives to spend a lot of work and

ays, as there are no impediments for women
taking up any profession, it has become ne-
to bring about conditions under which the
ng of daily meals would require fewer opera-
would be easier, and by the same less trying.
nt dishes can be prepared very easily and in
mplicated way from food concentrates made
'Zjednoczenie Przemysłu Koncentratów Spo-
ch" (Union of the Food Concentrates In-
in Poznań.

ncentrates are made exclusively from the best
aterials, previously thoroughly analysed in
laboratories. The various materials used in the
rates are to a certain extent precooked by
of roasting, steaming, grinding and the like,
refore the cooking time for concentrates lasts
to 20 minutes, according to the kind of con-
. Instant concentrates even do not require
at all and when hot water is poured over
ey may be caten right away.

thods of producing food concentrates, worked
research laboratories, are based on the most
ate advances of science. The making of
rates is carried out exactly according to tech-
al instructions and quality standards under
anitary conditions. A strict laboratory and
ologic control offers the guaranty of high
food concentrates.

oncentrates, differing from usual foodstuffs
a several times lower water content, are made
quality raw materials, and products made of
aintain the appearance, savour and, what is
nportant still, the nutritive value of fresh raw
ls. Among the qualities of concentrates are
n times lower weight, the five times smaller
than that of traditional products and the
oring and preparation, requiring no know-
f the intricate culinary art. That is why con-
es are widely used in nutrition at home, by
and in the catering industry.

eat variety of products, the far-flung range
rtments make the demand for concentrates
st and consistently. That is also why Polish
ncentrates are not only sought on the home
but also, for many years, they have been
d to a number of countries, the Soviet Union,
a, Vietnam, Great Britain, the German Fede-
ublic, the United States of America and other
es.

h the intermediary of foreign trade enter-
mainly ANIMEX, and also POLCOOP,
EX and AGROS, the industry of food con-
s offers for export:
oncentrates :

nt soups like pea soup, borsch (red beet soup),
omato, ox-tail and barley soup. These soups
icularly attractive, as they do not need cook-
ause the content of the bag ought simply to
ed in hot water (the amount of water is indi-
the bag).

— soups which are a speciality of Polish cuisine : barley soup, mushroom soup with macaroni, żurek (Polish fermented meal soup), vegetable soup, broth with macaroni, rice soup, tripe, and sorrel soup, all of them prepared with an addition of meat and bacon.

Sauces : mushroom, onion, dill and roast sauce, packed in heat-sealed bags containing 30 g., or in bottles ; also Moscow sauce, ketchup and Kabul sauce — are excellent seasonings for meats, macaroni and the like.

Ready-to-eat dishes :

— ready-to-eat lunch dishes : bigos (sauerkraut with meat), stuffed cabbage, meat balls in tomato sauce, sausage with cabbage, pork cutlets with champignons, beef goulash in mushroom sauce, tripe, and veal cutlets with mushrooms. Ready-to-eat dishes are packed in tins and jars.

Precondensed soup concentrates : pea soup with pork, and barley soup, packed in 400–gramme tins, are easy to prepare, requiring only to be diluted in a suitable quantity of water and heated. By their savour they are like home-made soups.

Vitamin C concentrate is an extract of dog rose, packed in tins, and an excellent agent for vitaminizing meals and for preparing refreshing drinks.

Marago coffee — an extract of genuine coffee packed in 50-gramme tins, is characterized by its marked flavour of freshly reasted coffee.

Concentrates of fruit jelly in various flavours (Morello cherry, apricot and lemon flavour) made with an addition of potato flour ; puddings, and fruit creams. Also flours for cakes, seasoning for cakes, baby foods such as prepared rice, and tourist cocoa.

Products recommended for export are subjected to a strict inspection by factory laboratories and by the veterinary service, and before the dispatching itself they undergo an additional quality control carried out by the quality Inspection Office of the Ministry of Foreign Trade.

POLSKA ANIMEX WARSZAWA

Import and export of animal products
Warszawa, Puławska 14, Poland
Cables: Animex — Warszawa
Telephone: 45-40-61
Telex: 814491

The above control system guarantees the exportation of top-quality goods.

Food concentrates, shown at numerous events and food fairs, among others in New York, London, Cologne, Munich and many other events, obtained very good ratings for their high calorific and savour values. "Marago" coffee was among the many products which have been granted distinctions.

To an ever greater extant raw materials dried by the lyophilization method are used for making soup ; lyophilization enables to keep the structure, appearance and savour value of fresh products. The plants belonging to the Union also make lyophilized dried products, such as tripes, champignons, sauces, and also vegetables : onion, parsley and other.

Meeting new needs of the market, the industry of food concentrates intends in the forthcoming five-year plan period to substantially step up the output of basic lines, while this assortment is at the same time extended and refined.

The programme for the development and refinment of the output comprises, among others, such lines as : lunch concentrates, desserts, drink concentrates, baby foods, lyophilized products, and frozen fruit and vegetables. In the group of lunch concentrates the industry will strive to take up the production of new, high-quality concentrates, such as instant soups, top-quality broths and bouillons, home soups, and dietetic and regenerating dishes. Such an advantageous change in the assortment structure is sure to find the aproval of consumers.

Also the group of dessets will be enriched ; here, a considerable increase of the production of fine flour confectionary, in connection with the anticipated starting of the output of cheese sticks. In this group it is also foreseen to take up the production of refined desserts based on modified starch, natural juices and alginates. After the implementation of investment projects it is intended to throw on the market a powdered extract of grain coffee, to considerably increase the output of Marago coffee in eager demand and enjoying a well-deserved renown, and also of instant cocoa, soluble both in hot and cold milk.

The food concentrates industry, based on to-date experience on the anticipated development of tourism in Poland, intends also to extend and perfect the production of tourist compositions, by throwing on the market new attractive compositions, better meeting the needs of tourists, by means of including lyophilized raw materials in the compositions, extending the assortments of compositions made up of dry concentrates. In perspective it is anticipated to use aluminium aheet tins, partitioned cans, tins with self-heaters and with cuts facilitating their opening.

Among the several hundered lines made by our factories, a great part are products with the quality sign, well known by their numerous advantages. More and more raw materials of the highest quality, dried by the lyophilization method (sublimation drying), are used for the making of these lines. This method enables to maintain the structure, appearance and savour values of fresh products.

The extension of the output of lyophilized food will undoubtedly exert an influence upon the raising of the quality of products made by the concentrates in-

A R C Z Y N

lant is young, as the output began in 1967. The "Zakład Prze-
wa Owocowo-Warzywnego" (Fruit and Vegetable Processing
at Tarczyn near Warsaw is one of the largest plants of this kind
and. This industrial plant, the going into production of which
vaited for a long time now, is located in the richest Polish "fruit
that is at present the Grójec district in the Warsaw voivodship.
icinity of the raw material source is a guarantee of obtaining
luction of high quality.

lant at Tarczyn numbers among the most advanced plants in
e as far as the machinery and production equipment used are
rned.

here that equipment of the "Levis" Company works, imported
the United States, i.e. a fluidization tunnel for quick freezing
it. The process of freezing strawberries, for instance, at — 45°C
nly 11 minutes. It was found that the high speed of freezing and
ort way from the field to the freezing tunnel guarantee the main-
ce of all nutritive and flavour values in the strawberries. After
ting the break necessary for cleaning the tunnel and for mainte-
, it is possible to freeze several dozen tons of strawberries in the
l in twenty-four hours.

from strawberries the Tarczyn factory freezes red and black
nts, raspberries, plums, bilberries and a vegetable mixture.

er production department is a special production line for making
nourishing and savoury condensed fruit juices, produced on
ment of the Swedish Alfa Laval company. Tarczyn particularly
mends strawberry, apple, red or black currant, and raspberry

too, a fruit concentrate "Novit" is made, composed of condensed
and glucose, widely used in the household for preparing drinking
, creams, jellies, ice creams, fruit creams, fruit cocktails and
, and — in the food industry — for making carbonated drinks,
s, cakes and fruit juices. "Novit" contains no preserving agents and
plied in 0.25 and 0.5 kg jars, and also in 130 kg barrels.

ollowing assortments of "Novit" are recommended for sale : ap-
trawberry, currant, apple-currant, and apple-strawberry "Novit"

from the above assortments, Tarczyn produces also excellent
ry and nourishing fruit in syrup made of strawberries, cherries,
berries, Morello cherries, greengages and plums ; and also fruit
s made of apples, and black or red currants, nectars made of
berries, red or black currants ; excellent tomato juice, preserved
nbers ; and strawberry, plum, raspberry and currant jams.

ght to be particularly stressed that all raw materials used at Tar-
come from plantations where, by way of supervision and control,
sts and staffs of instructors extend agricultural care and assist-
and all goods earmarked for export are conscientiously checked





"TARCZYN"

offers goods all the year round.

"TARCZYN"

is a guarantee of high quality.

Producer — "Mazowieckie Zakłady Przemysłu Owocowo-
Warzywnego" (Masovian Plant of Fruit and Vegetables) at
Tarczyn near Warsaw (MZPOW Tarczyn) Phone 82, Tar-
czyn near Warsaw.

EXPORTER

AGROS Foreign Trade Enterprise,
Warsaw, Żurawia 32/34,
Phone 21-64-21.

EXPORT IN EMMENTALER UND SCHWEIZER KÄSE

THUN

Wydawnictwa Handlu Zagranicznego

WARSZAWA 1

Marszalkowska 124

POLAND

CH-3601 THUN Schweiz

H. den 6. März 1968

Lebensmittel aus Polen Nr 3 - 4 (

Sehr geehrte Damen und Herren,

Sie hatten die Freundlichkeit uns Ihr sehr schönes Heft zuzustellen. Wir danken Ihnen dafür vielmals. Es freut uns, dass wir diese Hefte laufend von Ihnen erhalten.

... in Handelsverbindung treten. Dabei denken wir Ihnen unseren feinen und weltbekannten Schweizer Emmentalerkäse verkaufen. Wir sind seit einiger Zeit an die ARTEX gelangt - Andererseits interessieren wir uns für den Import von Polnischem Tilsiterkäse, 45 % Fett. Wir beabsichtigen, für den Herbst 1968 einen ... Import ...

Ferner interessieren wir uns für den Import von HONIG in Fässern. Dürfen wir Sie bitten, die ARTEX zu veranlassen, uns sofort ein Angebot für Polnischen Bienenhonig zuzustellen.

Wir danken Ihnen nochmals für Ihre liebenswürdige Aufmerksamkeit und entbieten Ihnen, sehr geehrte Damen und Herren,

unsere freundlichen Grüsse

... Alfred Gerber AG

Ges.

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FOOD FROM POLAND — a quarterly, published in English and German (as "Lebensmittel aus Polen")
The Editor's Office every day receives letters from Readers from various parts of the world, Because:

FOOD FROM POLAND

Informs
on the high quality of Polish food and agricultural products

Facilitates
choice from the wide range of Polish goods

Helps
to establish contacts with Polish foreign trade enterprises.
In every issue of our quarterly our Readers will find interesting articles and advertisements, and names and addresses of enterprises engaged in the export and import of agricultural products and food-stuffs.

We look forward to your letters.

Ehrmann Balboni

Betreff:
LEBENSMITTEL AUS POLEN
Redaktionssekretär
Herr D. Gasiorowska
Warszawa 1
Polen

... März 1968

Betrifft: Ihre Zeitschrift "Lebensmittel aus Polen"

Wir haben Ihre ... gelesen und es würde uns interessieren, ob Ihr reichhaltiges Angebot eventuell auch "Frischblumen aus Polen" umfassen sollte. Als Grossimporteure von Schnittblumen aus der ganzen Welt sind wir interessiert zu vernehmen, wer in Ihrem Land Schnittblumen ausführt, was für Sorten es sind und auf welche Weise der Export erfolgt.

Wir wären Ihnen für eine baldige Rückantwort dankbar.

Mit vorzüglicher Hochachtung.

F. Ehrmann-Balboni
Blumen- u. Bindereiartikel
BASEL

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Food
from
Poland

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Chefredakteur
Mokotowska 49

W a r s z a w a

Polen

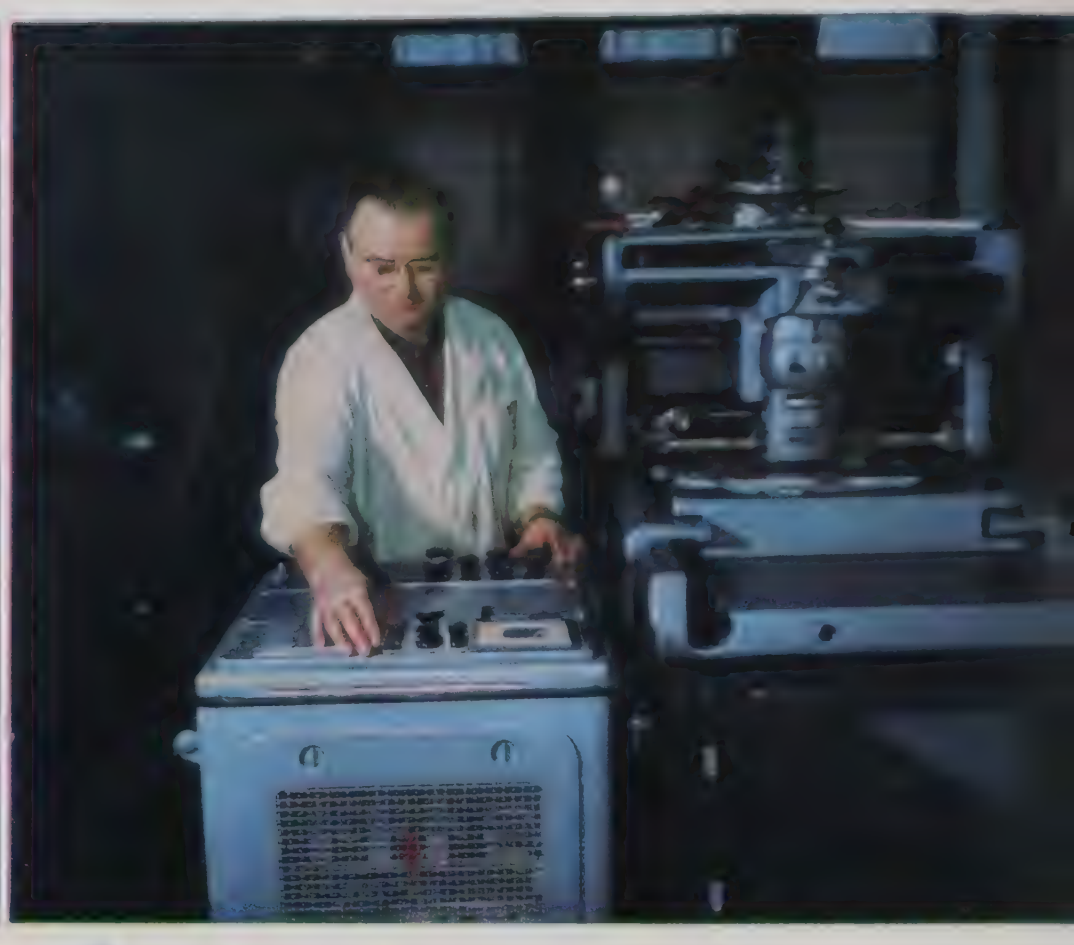
6. März 1968

DEAR READERS

Please, kindly send us your suggestions concerning the articles and information you would like to see published by our review. We should also highly appreciate your kindness in suppling addresses of firms and institutions interested in problems of food exported from Poland which would like to receive our publication.
We sincerely thank you for any information you can send us.



1



2

ve Years of Quarterly

This year, the Editing Office of the Quarterly „Food from Poland" is celebrating its modest 5th anniversary.

Our colleagues the typographers of the Graphic Establishment „Dom Słowa Polskiego (House of the Polish Word) of Warsaw to which our Quarterly owes its effective graphic make-up, has been of great help to us in our daily work. We have the pleasure of presenting some of them to you.



3

Photo 1. The colour must be as natural as possible. Józef Jakubowski Expert in printing plates

Photo 2. A great knowledge of the technique of the processing of coloured photographs gives a good plate

Photo 3. A successful test. Printing can be begun. Photograph of Stanisław Kornaszewski at the machine

Photo 4. Still another check-up of the colour is carried out by the manager of the chemigraphic section Zbigniew Rieder and his deputy Józef Wolk

Photo 5. A good edition. But perhaps it can be still better Director Feliks Sikora and Zygmunt Gburzyński

Photo 6. Just the binding remains and the number of FOOD can set out on its long journey to the Readers



6

4



5



Review of Exports of Agricultural Products and Foodstuffs N 2(23)

FOOD *from Poland*



FOOD *from Poland*

V Warszawa 1969 2(23)
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n the cover: "In the Summerhouse" 1882. A painting by Aleksander ierymski

leksander Gierymski (1850—1901) was one of the outstanding paints of the Positivist period.

he picture "In the Summerhouse", today in the collections of the Naonal Museum of Warsaw, is one of the most characteristic works of e artist. This canvas — the fruit of independent experiences in painting contains many impressionistic traits such as breaking up a colour to each of its components, its departure from local coloring, accentuon of light and finally the workmanship ... ...s of short streaks of paint





5 YEARS OF THE POLISH AGRICULTURAL AND FOOD INDUSTRY

---

ppraising the achievements of the Polish Agricultural and Food Industry for the years 1944—1969, must begin with the following assertion : During the period before the war, there were large pro-on plants only in a few branches of the agricultural and food industry, principally the sugar industry h produced relatively considerable quantities of sugar (of which a marked percentage was exported), then there was a certain number of meat-processing plants, which in the last years before the eak of war expanded the export production of tinned ham and meat conserves ; from among nprocessed commodities, bacon should be indicated which had already then established its position e English market, and Polish seeds, well known and appreciated abroad, and which already then ed of the results of several odd years of the work of Polish seed breeders. War did a great wrong

Immediately after the end of the war the reconstruction was started. Not only were the demolished factories raised from the ruins, but they were also expanded and modernized. The rapidly growing internal demand for food called for building of completely new plants. The state purchase of farm produce that was introduced and the planned contract system assured the supply of farm raw produce—including industrial plants and slaughter animals.

In consequence of the activities undertaken, a modern Polish food industry was formed. New branches of the food industry, which were non-existent before 1939 or very weakly developed in Poland were created or expanded during the period of the elapsing twenty-five years. Such were, for instance, the oil industry (production of margarine and other edible vegetal fats), the fruit, vegetable and wine industry, food concentrates industry, fish industry, herb, tobacco, fodder industries and others. All kinds of modern plants have sprung up in all the domains of the agricultural and food branch. Certain of the products, which the Polish agricultural and food industry now produces were almost solely produced by households before 1939 ; the taking over of this production by the factory has relieved women of the burden of carrying it out in the household.

The list of commodities produced by the industry is steadily growing—vegetable-meat conserves, poultry conserves in many varieties, deep-frozen egg bulk and egg powder (of whole eggs or separated), lactose, casein, new kinds of vegetal edible fats, juice beverages of fresh fruit and vegetables, nutritive glucose, ready food commodities from potatoes, extract from natural coffee, many new assortments of meat products unknown heretofore, etc. are being produced. Among the most interesting items, undoubtly are the products of the food concentrates industry, produced by utilizing top technological achievements (as, for instance, the liophylization method), deep-frozen fruit and vegetables, frozen dinner dishes and other attractive products.

The quantitative increase of the commodity bulk as regards food commodities and the extension of the assortment was accompanied by steadily raising the quality and nutritive value of food products. This is owing to the steady modernization of industry, taking advantage of inland research institutes and drawing from the rich experience of highly industrialized countries.

The Polish food industry worked up an extensive program for the improvement of and raising the durability and level of the food commodities processed, which the program is consistently implementing. Here packing is of essential significance. Considerable progress has been made by introducing packing materials, among others, of artificial materials. A large step forward has been made in adapting unitary packages to the taste and requirements of the consumer, supplying him with a food product in more aesthetic and convenient packages better fitting their function.

Very considerable sums have been allocated in the past period for the expansion and modernization of the Polish food industry. Many valuable machines and full production lines have been imported, developing at the same time the domestic production of machinery for the food industry.

The building of elevators and all kinds of storehouses for agricultural raw produce and ready food products has also been expanded. The development of refrigeration merits particular emphasis. Up to 1939, 4 refrigerated storerooms were built, at present there are ten times as many and further ones are being built.

The expansion of storeroom refrigeration is of considerable economic importance for it constitutes an essential element in the 'refrigeration' chain, creates possibilities for appropriate storage of food (which is especially important for branches working by the season).

As a total, the production of agricultural-food commodities in Poland has been tripled since 1950 (comparison with the years 1944 and 1945 is not authoritative in view of the war ravages). The food industry employs about 440 thousand persons (12 percent of the total employment in industry), and the share of the value of commodities of the food industry in the total value of industrial production amounts to 18.3 percent (1967 data).



Mention was already made above that certain Polish agricul-
al and food products had won markets during the period be-
een world wars, and even before. Several years ago, we observed
e 50th anniversary of the export of Polish bacon, for instance,
d at one of the previous International Poznań Fairs, we cele-
ted the hundredth anniversary of the Polish seed industry. Up
1939, however, nonprocessed farm produce predominated.
ter the war, Poland was at first an importer of food. Then, as the
oduction potential was regained and reconstructed, export of
ricultural and food commodities began to grow rapidly and as
its value, it had in 1950 already reached the level of Polish export
the last years prior to the war. At the same time, the structure
Polish export of food commodities began to undergo a fun-
mental change — the share of raw material and non-pro-
ssed commodities began to grow smaller in favour of the
are in export of processed commodities and products for immedi-
e consumption.

So far as the total value of the export of agricultural and food
mmodities is concerned, then in the year 1950 it was doubled
relation to the year 1960, and in recent years, this value was
intained on an over therefold higher level than in 1950. In
nnection with the changed structure of Polish export, that is
increased share of the export of machinery and industrial
mmodities of durable consumption (durable use) the percent-
e share of the agricultural and food commodities in the total
adily growing Polish export gradually became smaller (in 1950
mounted to 24 percent, in 1960—18.1 percent, in 1967—15.5
cent, at present—15 percent).

Polish agricultural and food commodities enjoy a good repute
oad. This is reflected in the number of medals, diplomas and
tinctions awarded many Polish commodities at many interna-
nal contests and exhibits. Many people know that Polish ham,
instance, is 'the best in the world'. Polish vodkas and many other
mmodities enjoy great fame. The principal cause is the good
ality of our raw materials (the right feeding of animals, ap-
proaching natural conditions, avoidance of excessive chemical treatment of crops) and further, the modern technology of processing assuring a proper hygienic process of production, elimination of the touch of human hands, the effect of air, etc. which in consequence gives a high quality, durable product, retaining its natural nutritive and organoleptic values. Polish legislation on food is very exacting and sets severe conditions both as to the quality of the raw material and to the run of the production process and also as to the quality of the ready product. Special sanitary supervision watches over the production process. Products destined for export are subjected to a standard check-up by a state body especially summoned for this purpose : The Central Standardization Inspectorate.

The advance made in the quality of packing, mentioned above, is of essential importance in the export of a number of agricultural and food commodities.

Commodities of animal derivation constitute over one half of the agricultural and food export. Recently, a distinct tendency is beginning to appear toward increasing the export of commodities of vegetal derivation, for instance, in the group of fruit and vegetable products.

The export of Polish food commodities is directed to very many countries of all the continents of the world. The predominant part of the export goes to industrially developed countries of Europe and to the United States of America. The assortment gamut is very wide. This results from an increasingly wider production assortment, of which mention was previously made in dealing with the development of the food industry.

Polish agricultural and food commodities are exported by specialized enterprises of foreign trade : 'Agros', 'Animex', 'Hortex', 'Polcoop', 'Rolimpex', 'Rybex' and 'Spolem'.

We wish our foreign merchants, acquiring agricultural and food products, the greatest satisfaction from the transactions concluded and the consumer of Polish products abroad — full contentment from the purchase of our products.





The Festival of Orchards in Bloo

When half a million apple trees are covered with blossoms —the Sądecki land celebrates the "Festival of Orchards in Bloom". The Sądecki fruit basin, second in Poland after Grójec, justly rejoices in its achievements. The Festival of Orchards in Bloom, celebrated every year in the village of Łącko or Tęgoborz, is the centre of interest of entire Poland and draws thousands of those interested. It offers an occasion to see regional troupes, already famous in Poland and abroad, such as the Troupe of Song and Dance 'Lachy' or the troupes from Łąck and Podegrodzie. At the same time, there are congresses of fruit growers, breeders, farmers where scientists meet practicians to discuss modern methods of farm management. International kayak shootings, hiker and motorcycle rallies, which familiarize the newcomers with the beauty and tourist merits of this land, join the festivities.

Both the 'Day of Orchards in Bloom' and the 'Sądecki Days' (dedicated to other places) perform important propaganda-educative and social tasks.

Once there was a search for gold here. Today, the fruit orchards are the gold that bring sizable incomes to the densely populated regions. The climatic conditions here are very favourable not only to people but also to fruit trees. The mean temperature of the air resembles the temperature of certain orchard regions of Western Europe. Every variety has proper conditions for vegetation on the gentle mountain slopes. Warmth-loving Starking is successfully grown on the southern slopes. The Beauty of Booskop, insensitive to moisture, also comes on nicely.

Fifty thousand orchards in the Sądecki region arose almost from nothing. Legends already circulate about the beginnings of the plantations. A certain rector of Łąck ordered fruit trees to be planted instead of doing penance, and the principal of the local school ingrained among the children and adults the love for pomiculture, by sending around the region selective varieties of fruit trees, which today constitute the wealth of all the villages lying along the Dunajec River.

The Institute for Matters of Mountain Pomiculture of Brzeźna is a very valuable scientific hinterland for the entire Podhale Land.

The Nowosądecki District today is a base of consequence for raw material. Sale is assured and the commercial demand is considerable. About 20 percent of the farms produce fruit fit for export. Large quantities are processed on the spot, both in key plants and in horticultural cooperatives. Fruit-vegetable products are exported from here directly to England, Belgium, GFR, Finland and Austria. Much edible fruit and many products are sold on the spot because immense crowds of tourists, vacationists, visitors at recreational homes, sanatoria and health resorts assemble here. The biggest health resort of Sądecki district, on a European scale, is Krynica and Żegiestów affiliated with it. Piwniczna and Muszyna have hydratherapeutic baths. There are prophylactic and recreational homes also in other places.

The Sądecki land is a region prepared for a holiday rest, mountain and water touring (the Lake of Rożnów). Here there are appropriate conditions for a stay, spending the night, nourishment, and recreation. The tourist movement is reckoned as being over 300 thousand persons a year. Sections of the Polish Society, the 'Beskid' in Nowy Sącz and the Polish Touring Society in Krynica are concerned with the organization and expansion of touring.

The prosperity of the inhabitants rises with the growth of the Sądecki land. That is just exactly what the initiators of the 'experiment of Sącz' promised ten years ago. A group of enthusiasts approached the Government with a definite programme for the development of Nowy Sącz and the district and their suggestions were accepted. One of such was to fully utilize the existing conditions for the development of pomiculture and fruit-vegetable processing and for the growth of breeding farms.

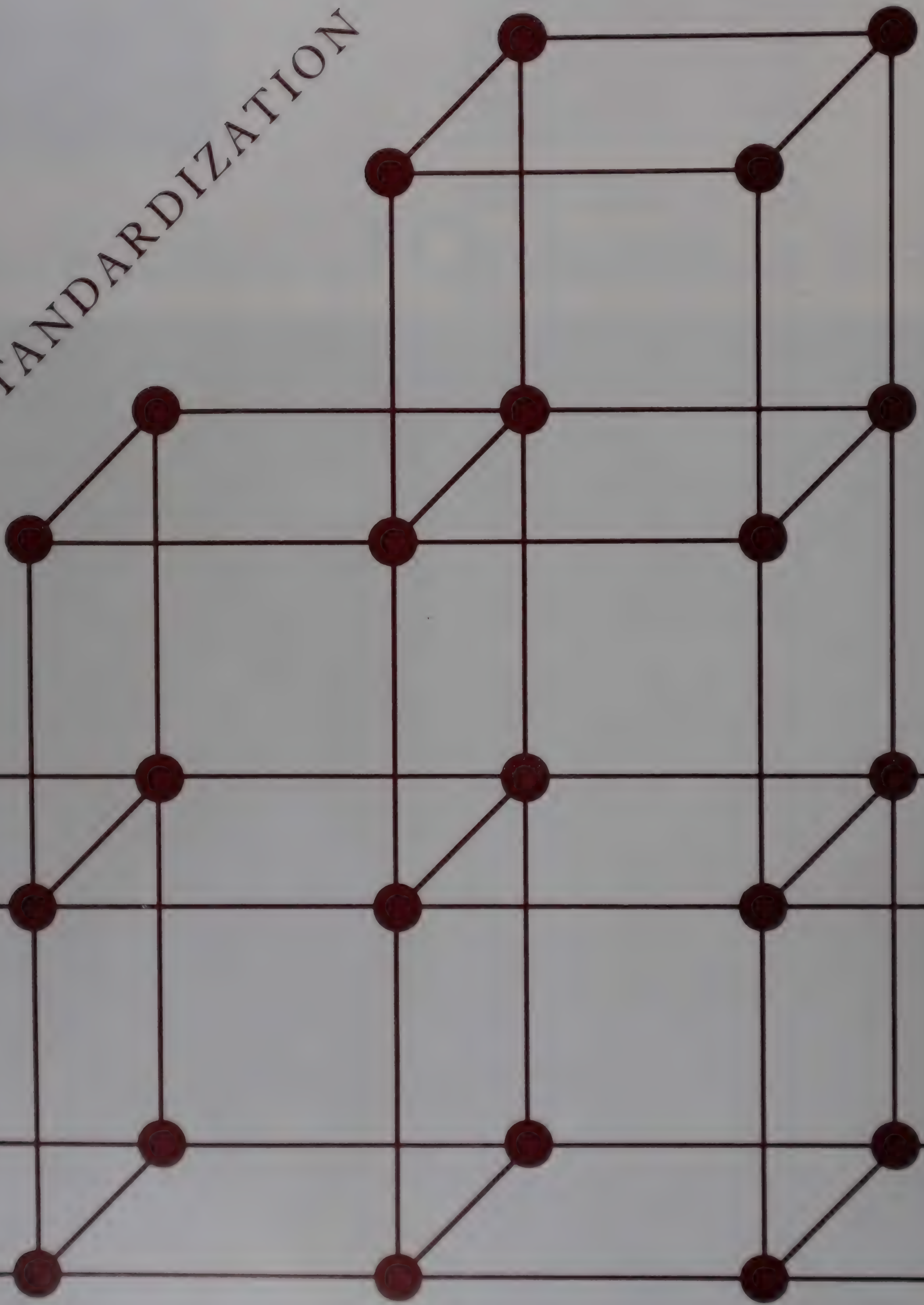
Results are visible after ten years of work.

Several odd years ago, this land was one of the largest emigration centres. Hundreds of thousands of persons emigrated



AGRICULTURAL

STANDARDIZATION



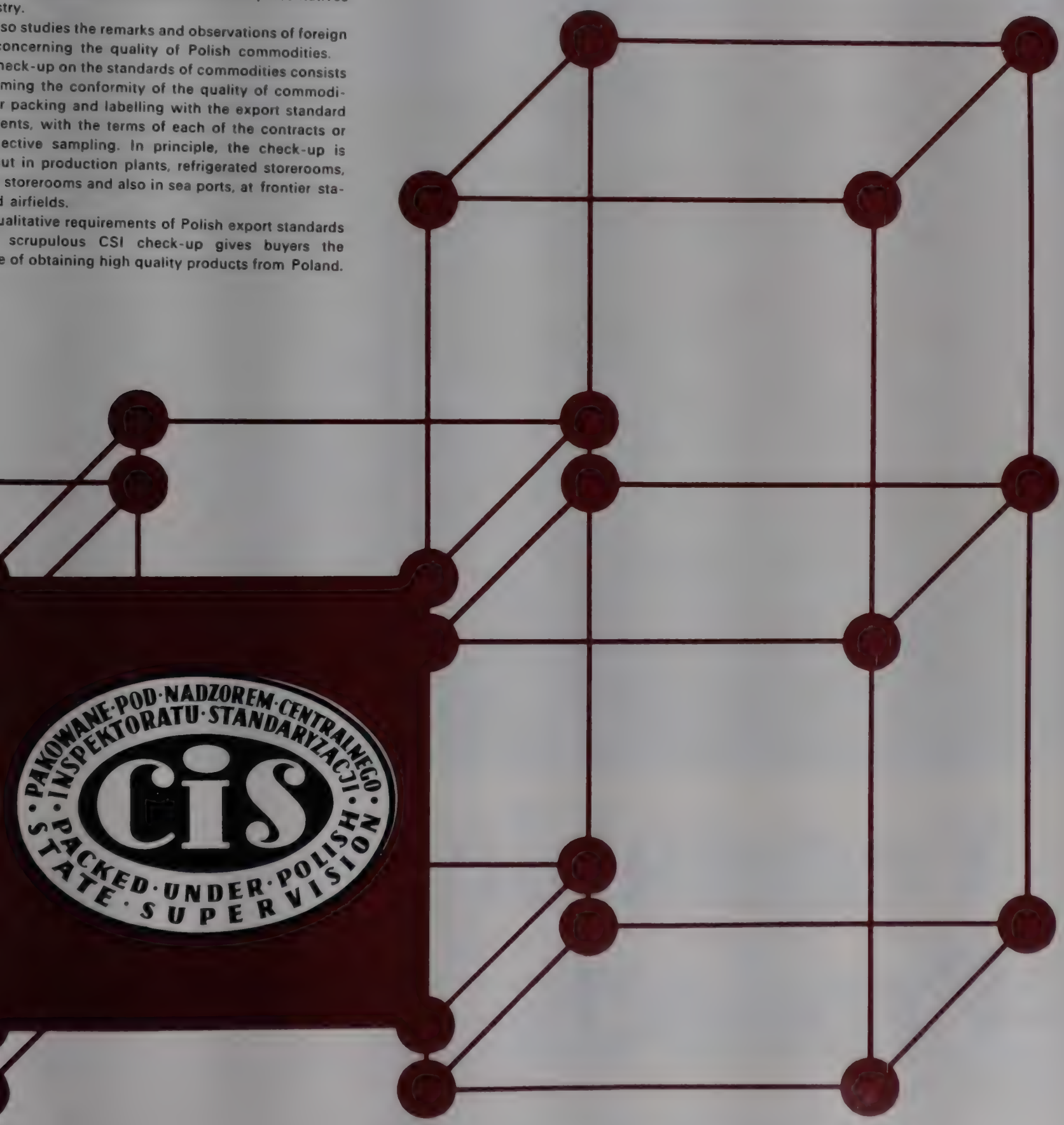
olish agricultural and food commodities, including
e-fruit products, are checked by the Central
dization Inspectorate before being forwarded. This
titution entitled to inspect the quality of farm-rood
s exported. Similar functions are discharged by
d Drug. Adm. in USA, Targovaia Palata in USSR,
taly.

onformity of the quality of each of the commodi-
n export standards or with the terms of the con-
c. are established by appropriate experts employed
institution.

are in CSI Meat, Dairy Products and Poultry,
it and Vegetable, Agricultural Products and Service
nents. The most important of them have labora-
quipped according to needs. The CSI personnel
ted of highly qualified professionals of many years
rience in product determination and processing.
re engineers, technologists, specialized in individ-
modity assortments. CSI has a number of agen-
ated in Warsaw, Poznań and in the principal pro-
regions, in ports and in frontier posts.

ctivities consist in the following functions :
orking up and amending export norms.
rrying out inspections of plants producing com-
odities for export,
ecking the production stages, training and con-
tation as regards technology,
ecking-up on the quality of the product and quali-
of packaging.
ees that the production methods are made uni-
ordinates recipes, etc. Moreover it initiates and
up standards for new commodity assortments,
s technological consultations with representatives
try.
so studies the remarks and observations of foreign
oncerning the quality of Polish commodities.
eck-up on the standards of commodities consists
ming the conformity of the quality of commodi-
r packing and labelling with the export standard
ents, with the terms of each of the contracts or
ective sampling. In principle, the check-up is
ut in production plants, refrigerated storerooms,
storerooms and also in sea ports, at frontier sta-
d airfields.
ualitative requirements of Polish export standards
scrupulous CSI check-up gives buyers the
e of obtaining high quality products from Poland.

AND FOOD COMMODITIES



Fruit Products



Vegetable Products

uit products already invade almost every home. h fruit products invade almost every country e there is the tradition of wholesome nutri-

lish fruit products such as jams, compotes, s are very much sought for on every world et. And that — because of their delicious ur, rich nutritive properties — and above all — because of the fine fruit from which they are made. Poland is known throughout the world as a country of abundant orchards, forests and gardens. These are precisely the source of fruit, constituting the top quality raw material for the processing industry. Hand picking and appropriate transport to the processing plants are quarantees for the minimum of damaged fruit. These plants are generally





h vegetable products—rich tamins and very nourishing ve an established renown e world market. Gourmands adepts of rational nutrition this.

* * * *

dition as regards growing tables is of long standing in Poland. The latest achievements in agrotechny and cultivation, which raise the values of raw materials, are applied, avoiding artificial fertilizers. The advantageous climatic and soil conditions, which give the vegetables not only their high nutritive natural allies of Polish processing.

Polish processing also has a rich tradition. The processing industry of Poland, utilizing recipes that have already been tried out, is founded at the same time on the latest scientific attainments in conservation and production of

ated near large forest areas or fruit orchards. latest processing technology, applied in Po-d, is adapted to each species of fruit and — atter of utmost importance — elimination of the of artificial colouring or chemically conserving nts. Relevant products thus retain their spe- savour, aroma and colour, characteristic for the from which they are made. All this causes that Polish products in no way are inferior to homemad products which had always been said to be th best of the best.

The export list of Polish fruit products include the following :

JAMS, made of cultivated fruit such as straw berries, raspberries, greengages, gooseberries, an of the best forest fruit such as blueberries, black





staff of eminent professionals, ng at their disposal suitably pped laboratories where not the raw material but also products and products are d. The modern equipment of production plant enables a iel, qualitative and quanti- increase in the assortment roducts. The number of a-

wards and distinctions won at various international nutrition olympics bear testimony to their merits. Here is a list of Polish vegetable products :

CONSERVED CUCUMBERS — a special species of cucumbers with small seed loculi and abundant parenchyma are conserved. The cucumbers are small, well-

-shaped, pithy, crisp and piquant in taste.

ASPARAGUS — properly selected, skinned, conserved whole. They constitute a delicious dish, highly valued by gourmands.

FRENCH BEANS — whole and cut, retain their natural colour —

es, bilberries, etc. Plum butter, being as if
inty bit of Polish jams is very delicious.
IT COMPOTES — like the jams, they are made
great many delicious fruit, among others,
vberries, sweet cherries, pears, sour cherries,
berries.
IT JUICES — are made of very many kinds of
fruit, coming both from fruit orchards and
from the woods. There are several varieties o
juices : very sweet juices, containing 60 percen
sugar (strawberry, sour cherry, raspberry and huck
leberry), less sweet juices, containing 32 percen
sugar (bilberry, wild raspberry, huckleberry, sou
cherry and blackberry), juices 8 times condensed
and fruit-juice concentrates in the form of semi-
pasteurized half products.



pecies. All the varieties are
ut strings, of a delicate sa-
whet the appetite.

EN PEAS—sugar peas, very
shing, delicious with a min-
quantity of starch are used
ocessing purposes.

BEETS—marinated in vine-
seasoning. Retain their beautiful colour. Are an excellent addition to various kinds of meat dishes.
ONION CONSERVES—pithy of a rather piquant and sharp taste. They are splendid for preparing various entremets, salads, etc.
MULTIVEGETABLE JUICES — the latest item of Polish vegetable
traction of many vegetables such as tomatoes, carrots, celery, parsley root, leek and peppers. They are suitable as a drink and in the preparation of vegetable soups.
Vegetable products with the trademark—KRAKUS—are top quality products. KRAKUS— a symbol of Polish vegetable prod-

Likings and Calculations or Visiting the Producers of Berry Shrubs

The Pomicultural Cooperative of Siedlce with its seat in Siedlce is a known exporter of pasteurized fruit, juices, musts and pulps and all kinds of marinades, mainly cucumbers. Over 80 percent of the products of the cooperative processing plant is exported.

It did not come into the mind of Władysław Wiatr, a young active worker of the cooperative and one of the first to establish in 1939 the pomicultural cooperative in Siedlce that it will develop with such impetus and in such a very short time.

The Siedlce cooperative covers 5 districts—all the way up to Białystok. It also has several thousand members.

The cooperative dispatched the previous year about 150 tons of preserved cucumbers and over 200 tons of dill pickles, sauerkraut—almost half a million kilograms. Almost 300 tons were exported of strawberry pulp alone and during the current year about 100 kilograms more. Not much less pasteurized fruit was exported, including black currants so very much in demand. About 6 tons were exported the previous year and in 1968 four times as much (Władysław Wiatr, the farmer mentioned above, from the village of Broszkow, Siedlce district, is one of the suppliers of black currants).

The past of Mr. Wiatr as a social worker is very rich. He was very active during the period between world wars in spreading knoweldge on farming through agricultural circles and organizations. For a certain time he was even a member of the Central Agricultural Society. He took part in the work of the Warsaw Dairy Society. He began his activities in his native village of Biała under Radzymin where he also had a secondary agricultural education which he expanded with time attending various training and educational courses. Hence a good preparation in the agricultural science, then a long period of practical work caused that the farm with years became a specialized workshop. At first its owner was engaged in seed production, the cultivation of cucumbers, onions, grasses, herbs etc. into seeds became the foundation of the farm, his specialty.

The farm obviously produced seeds for state seed enterprises on the basis of signed contracts. The sale of the entire production being assured, aid in the form of professional instructive advice from the contracting institution, then being supplied with the initial material and the possibilities of obtaining fertilizers (on credit)—all these factors were trump cards in the contracts signed, which was an advantage to the producer.



There is thus nothing to hide—seeds made the farm of Mr. Wiatr wealthy. New buildings were put up on the farm (a drying house, storehouses, machinery) and in the homestead — better equipment.

Time passes, however, while at the same time likings and tastes change. Władysław Wiatr has long reached the pension age. He is still dashing, bustling and merry but for some time past he has not had enough strength to run the farm.

Under such circumstances, his son took over the farm. The father was sorry to give up an excellently equipped and well running workshop. The son did not want to have it pass into strange, perhaps not very adroit hands. He gave up his position of a high official in Warsaw and moved to the country.

The father put his stake on seeds, the son's preferences were turned in another direction — toward the cultivation of black currants. The entire 5.5 hectares of ground were destined for currants, mainly black currants. There's no accounting for tastes but no small role was also played by sound calculation.

Berry shrubs in this region are a certain novelty, just like the fields of onion seeds were a novelty when Wiatr, Sr. was expanding his farm. At that time, the demand for every kind of seed was immense. This does not mean that it has decreased now, but its demand rose incommensurably. On the other hand, the cooperative is clamoring for black currants, raspberries, strawberries etc., the steadily increasing processing industry is waiting for them. The farmer-manager or manager-farmer counts on a considerable expansion from every aspect of the currant plantations. It supplied the cooperative during this year — not the best year for these cultivations — 25 quintals of currants, in terms of yield per 1 hectare. This fruit finds its way every year to the export and domestic markets. At every telephone order, the cooperative's cart takes the fruit prepared straight from the garden and carries it to town. Delivery of other products is similar. The cooperative agreeing by contract to take the commodity is oblige to take it on the time set. Large scale producers such as Wiatr and others like him do not have to worry about transport, even though most (like Mr. Wiatr) have a passenger motorcar of „Combi" type, adapted to transport commodities, standing ready in the ga



Gladioli are primarily gro for a cut flower and especially suitable for decoration of the mod interior

For they unite an original str ture of the flower and a gorge appearance with a rich gamut colours Bringing an accent elegance they are an effect decoration both in large accomm dations—in hotels vacation hous or in assembly halls—and also small flats

They look especially beauti put into a vase, standing on t floor which has lately become t fashion

Cut while still in buds and wh the first bottom bud of the flow cluster opens, they endure tra port excellently, and when p into water of a moderate temp ature they open up gradua

Gladioli Bulbs from Poland

keeping their full beauty for abo two weeks.

The cultivation of these beau ful flowers from bulbs does n offer any great difficulty for t amateur or in cultivation on a co mercial scale.

The time for planting bulbs fal as depending on atmospheric co ditions, in the middle of April the middle of May and they bloo from the middle of July to the e of September

Large bulbs — 10 12 cm. 12 cm and 14 cm and above a recommended for planting in orc to attain beautiful flower cluste The bulbs should be disinfected a 0 25 percent solution of Ceros or similar agent or should be treat thermally in hot water at a tempe ature of 54 to 56 ° for thirty minut before planting

Nonetheless gladioli require fertile, permeable soil deep tilla or one that was dug in autum scarified and strengthened mineral fertilizers in spring.

Gladioli should not be plant in earth after plants susceptible yous diseases such as cucumbe beans, tomatoes and a 5—6 se crop rotation should be maintaine

Bulbs are planted in rows w a spacing of 35—40 cm. wi tillage is mechanical and 25—30 ° tillage is carried out manual

ng in rows should be
to 12 cm as depending
ize of the bulbs. The
vhich the bulbs are plan-
ld be three times the
the bulb.

ntation can be addition-
gthened with assimilible
ertilizers in June when
the most intensive. The
should be weeded, the
ween rows should be
nd when dry should be
sprinkled.

ease occurs on the plan-
nove the sick plant imme-
d burn it.

lowering ends, a new
ther with small tubers,
the bulb of the previous
ch gradually disappears.
ulb with the small tubers
dug up in fall and kept
ng when it should be
new.

relatively small effort and
ense of the init.al ma-
autiful cut flowers are
n a profusion of colour
which can only be com-
n an orchid.

of the steadily growing
or gladioli bulbs, their
on in Poland has grown
t scale as well as the
of new Polish varieties,
ve been highly appraised
arded at international

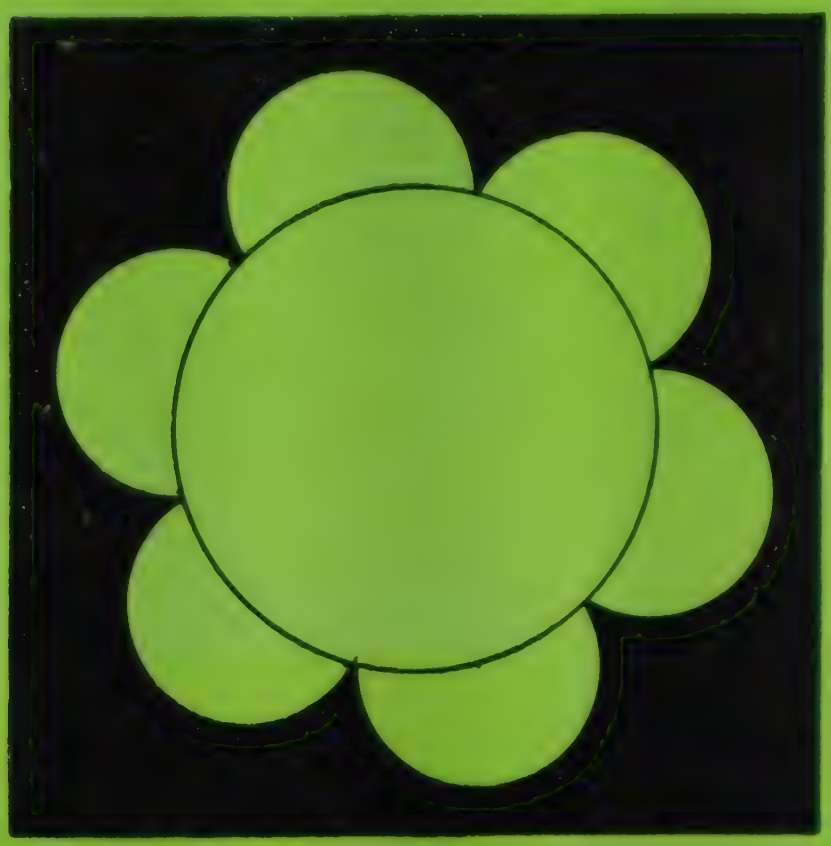
r the most beautiful and
valuable from the large
of varieties. They are
wing varieties : Alfred
ark pink, Bloemfontain—
d, Crimson Glow—ver-
rmine, gen. Eisenhower—
lden Favorite—cream-
Havaii—crimson brown,
chid—lilac rose, Miss
-pink, Picardie—salmon
a von Lima—pink, Sans
ermillion red, Silentium—
th raspberry coloured
ick-and-Span—pink.
lish varieties : Koralowy
ral Butterfly)—coral red,
eda—light lavender, Ma-
y red, Płomień Janosi-
k's Flame)—salmon pink,
Polonnaise)—white with
coloured shade with
e spot, Polska Jesień
tumn)—pink with dark-
Telimena—a light rose
Złocista Jesień (Golden
—salmon gold.

tive of the cultivation of
lbs in the ground, they
be forced under glass
wers, accelerating their
blooming both in the
retarding it in autumn
ber. They always find
yers at both times.

CHZ (Foreign Trade
fice) Rolimpex.

Export: Sugar • Molasses • Dried sugar beet • Beet pulp • Dried endive root • Rye and rye embryos • Malting barley • Malt • Hops • Buckwheat husks • Rape seeds • Rape oil • Ground rape • Potato Flour • Refined starches • Dextrine • Glucose • Dried potatoes • Purée • Potato chips • Potato flakes and pulps for fodder purposes • Sugar and fodder beet seeds • Vegetable and flower seeds • Ornamental shrubs and trees • Herbs for medical use and seasonings • Salt.







Import: Grains • Rice • Fats • Oil seeds • Cakes • Fodder plant seeds • Vegetable and flower seeds • Medicinal herbs.

ROLIMPEX

Central Office of Foreign Trade
Export — Import
Warszawa, Al. Jerozolimskie 44, Poland
[illegible]1, 26-22-21, 26-74-41

Hop Growing in Poland

The tradition of hop growing in Poland is older than the thousand years of its statehood. Polish hop growing, rich in experience of many centuries found itself in the world's leading growers from the 19th century.



Polish hops fetched a high appraisal of its quality in the international commodity turnover. The present surface area of hop cultivation in Poland amounts to about 2200 hectares. The majority of hop gardens are concentrated in the Voivodship of Lublin in a belt 50°30—51°30 latitude and 22°—24° longitude. The Lublin region, having about 65 percent of the plantation area and crops, constituting about 75 percent of the domestic production is situated at a height of 150—300 metres above sea level. The mean temperature in the summer months from April to August oscillates between 13°C and 15°C, the quantity of precipitation during this period amounts to 300—400 mm, and the number of insolation hours from 1000 to 1100. The soils on which hops are grown in the Voivodship of Lublin are primarily loesses and mucks with a deep humus layer, fine in structure, aerated and of stabilized moisture.

Hops are grown in the Voivodship of Poznań (Nowy Tomyśl region, known for having the oldest hop growing tradition). The total hop growing in Poland is under the management of the United Brewing Industry. The planters of hops—67 percent are private farms and 33 percent state farms—are united in the Union Hop Planters of Poland.

The planters receive specialistic instructions, based on the latest scientific achievements, are supplied in production means and credits and the sale of their production is ensured under the condition that the hops they supply is of top quality.

In hop cultivation and after-cultivation, work must be carried out at the right time and at the stipulated periods, guaranteeing that hops will be obtained of optimal technological value. Special stress is laid in the instructions to planters on correct fertilization. The fundamental fertilizer is organic farmyard manure, supplemented only by mineral fertilizers.

For the past three years, Polish hop growing, following research carried out at the Research Centre of Hop Breeding and Cultivation, Institute of Cultivation, Fertilization and Soil Science IUNG of Puławy has switched en masse from the traditional high espalier of relatively small spacing to wide-rowed hop growing (4—6 bines from one stump), obliquely of an angle of ca 50° in relation to the surface of the plantation, on medium high structures.

This modification facilitated mechanization to the utmost of the work of cultivation by using typical tools suspended from or attached to a medium-sized tractor which has resulted in reducing labour required for cultivation by over 50 percent.

A decided improvement of the quality of the hops and an increase of 10 quintals in the output per hectare followed on plantations that had adopted the modified system of cultivation.

Parallel to the modification of the carrying structures and of the system of hop growing, the hop plantations have been planted with 'PUŁAWY', a new early harvesting Polish variety and with 'VISTULA', a late-harvesting new variety and is marked for its high yields, fine aroma and high humulon content.

Scientific research work on hop varieties, agrotechny, fertilization and mechanization is carried out by the Polish Institute of Cultivation, Fertilization and Soil Science of Puławy and the Institute of Plant Production of Poznań carries out research on diseases occurring on hop plants and methods of controlling them and the pests.

The Central Office of Foreign Trade ROLIMPEX is sole exporter of hops. It offers for export hops PUŁAWY variety—

colour : green, green-yellow, uniform in the batch

ALFA acid content about 6—7 percent, class Primo-prima

LUBLIN variety—

colour : green-yellow, uniform in the batch

ALFA acid content about 5—6 percent

class Prima-prima and Prima

Crayfish are coming

From mid-May to October, a specific fishing season goes on in the rivers and streams of Poland. Whoever is not afraid of hard nippers and is familiar with the customs of Polish crustaceans, can report for this work. After the crayfishers get their catch from under the river-bed stones, Polish crayfish start their long journey to France and Sweden. Foreign gourmets like the delicate crayfish tails and Polish neighbours from beyond the Baltic have even a special feast, which can be compared to the Polish tradition of Shrove Thursday, only instead of doughnuts, red crayfish shells must appear on every table.

The Polish crayfish enjoy a good name and the demand for them is unlimited. How difficult, however, these live exports are, only the employees of the „Hartwig" forwarding enterprise know. When days of the catch come, the pinching ware must be loaded around the clock and as fast as possible into airy splintbaskets, and then onto the deck of the aircraft. And this loadind must be carried out by especially competent persons to enable the crayfish to reach their destination in good health and to prevent them from escaping from the baskets, because then their nippers could cause real panic among the surprised passengers. Crayfish, because of their tender and tasty meat, are a delicacy readily purchased abroad, where a steadily increasing demand for them is to be noticed.



Crayfish are to be found in Poland in their natural abodes, in places where they settle in, when wandering, and in waters, artificially planted by the man.

There are nowadays three types of crayfish in Poland, where formerly only the royal crayfish was the absolute ruler, and those are:

the royal crayfish — Potamobius astacus
the marsh crayfish — Potamobius leptodactylus
the striped crayfish — Cambarus affinis

The "Rybex" Foreign Trade Enterprise, domiciled at Nr 1 Odrowąża Street, Szczecin, is the sole exporter of crayfish.

DALMOR



The export of our fish to foreign markets grows th each year. On the average about 20 percent of e entire quantity of fish caught is exported. This eans that every fifth ton of fish caught finds itself foreign tables.

. . . .

In January, 23 years passed from the time the ne the first Polish Deep Sea Fishing Enterprises—lmor—was called into being. "Dalmor" is not ly the oldest but also the biggest fishery enterprise Poland. It is also the principal purveyor of fish d fish products exported from Poland by the clusive fish exporter, Rybex Fisheries Foreign ade Office in Szczecin.

We hold an interview on the subject of the activ-es of Dalmor with the Chief Manager Franciszek atyja.

Sir! Our readers are interested in knowing to hat extent the quantitative state of the Dalmor et and its equipment has changed within these years, for catches depend on this

The past war practically completely destroyed the lish fishing fleet of the period between world wars. is therefore, not to be wondered at that the almor" fleet was composed in 1946 of only 6 trawlers of an old type. The systematic endeavours made to increase and modernize the Polish fishing fleet produced better results each year. The Polish dockyards undertook the building of modern units of various sizes intended for sea fishery. Among such were large factory vessels equipped in apparatus for deep-freezing and processing the fish caught. Hence:

Trawlers of "Dalmor" type, built by the Gdańsk dockyards are equipped in engines of 2400 H.P., refrigerated holds, deep freezer rooms, devices for mechanical filleting the fish, meal and fish oil production plants. Each trawler catches 6000 tons of fish each year.

In 1966, hence 20 years from the time our enterprise was founded, the "Dalmor" fleet numbered 51 cutters, 31 trawlers and 17 trawler factories.

This number is continually becoming larger; "Dalmor" already has 22 trawler factories which are continually being modernized and of larger tonnage and a number of other units.

Has the reach of the catches changed together with the qualitative growth of the fleet?

Obviously. In 1946, "Dalmor" trawlers fished only at the Baltic and the North Sea. The first Polish industrial trawler was already introduced for operation in 1960. This type of trawler was called "Dalmor







in recognition of the services rendered by "Dalmor" in the expansion and advance of sea fishing.

"Dalmor" trawlers, today, extend their reach over the vast area of the Atlantic Ocean from the fishing grounds of Angola as far up as the waters of eastern Greenland.

Association over many centuries with the sea and the clearly defined plans for the expansion of our fishing fleet have enabled to lead Polish fishery from the waters of the Gdańsk Bay into the broad waters of the Atlantic. The people and vessels of "Dalmor" were the first to have accomplished this feat.

How have the catches made by the "Dalmor" vessels changed over the bygone years and what are the plans of the enterprise for the forthcoming years?

In 1946, the first year of our activities, "Dalmor" vessels caught 1143 tons of fish. The increased fleet caught 104,000 tons of fish in 1965. So far as the future is concerned our long-range plan envisages that the "Dalmor" units will catch 200,000 tons of fish in 1970.

What fish are most frequently caught by the "Dalmor" units and in what form and to whom is the fish caught sold?

The 'white' species of fish belong to those most frequently caught. These are : codfish, redfish, herring also what is called flatfish —white halibut, blue halibut, plaice, pole dab, and others like sprats, haddock, mackerel, cat fish, common dab, dorado, hake, salmon, sea trout, red mullet, bream, conger eel, and horse mackerel.

A considerable part of the fish mentioned above is sold by "Rybex" in frozen form straight from the vessel board. The remainder is either processed on the factory ship or sold in the form of conserves, fillets, codfish flesh and also as meal and fish oil or in the "Dalmor" fish establishments in Gdynia.

For instance, salted herrings are already sold on land in the country directly to foreign buyers (Austria, Rumunia, GDR). Other fish 'travel' over land in tins to Hungary, Czechoslovakia and also to Greece, Cyprus, Jordan, France and Italy.

In conclusion, let me remind that the sole exporter of sea and freshwater fish in Poland is "Rybex"— Szczecin, Odrowąża St. 1.

SEA FISH ON YOUR TABLE

Never in the history of our country has fish economy had such splendid conditions for growth as during the past twenty years.

The fishing fleet developed and became larger, parallel to the expansion of the mercantile marine. Owing to the steady introduction into operation of new, more modern fishing ships, mother ships and factory or refrigerating ships, the range of activity of our fishery and production possibilities became greater, consequently the assortment offered by individual fishing enterprises also became wider.

The Polish fishing vessels belonging to the three biggest Polish fishing enterprises 'Dalmor' of Gdynia, "Odra" of Świnoujście and "Gryf" of Szczecin sailed out on the wide world seas and oceans. The fish caught there, of diverse species, are delivered in refrigerator ships for the country's internal needs and for export.

"Gryf", a plant for preliminary processing, deep-sea fishing and fishery service is located in the vicinity of the commercial pier in the

GRYF

in port. Here are moored the refrigerator hat deliver to the plant the raw material, the deep-frozen fish, most frequently and codfish.

nty-three years have passed since the time the first factory ship, Gryf, began produc- t first only fish—sprat and eel—caught Baltic or the Szczecin Lagoon were pro- here. Export of the first conserves follow- 955/56. These were eel in oil and sprats dispatched in tins to West European ies.

e 1960, the 'Gryf' Plant not only processed ught in the Baltic, but above all those that aught on the far seas. The assortment of ts increased during this time from sev- over 40 kinds of various products. Export ncreased. Over 30 percent of the total tion goes beyond the boundaries of the y.

converses were and continue to be the ought commodity on West European mar- These are just the ones that the Gryf s the most. Furthermore. Gryf also exports erable quantities of live eel. On the other exports no products from freshwater fish. st factory trawler entered service in 1960. are now about 20 operating in Polish . The first three refrigerator trawlers d service in 1963, and recently there were present, there are 5 ancillary mother ships

effects of fishery work are also becoming . In 1950 there were caught 66 thousand f fish, ten years later—163 thousand. over 316 thousand tons.

ing recent years mostly codfish was caught, tance 506 thousand tons in 1966. Second in fish catches came to herring of which housand tons were caught. Then mention be made of the less known fish such as and others. Deep sea fishing supplies with increasing quantities of various s of frozen fish and fillets. These are gener- om the fishing areas of the south and l Atlantic (the region between Greenland anada). These fish appear in trade as redfish, , white and blue halibut dorado, sea horse mackerel hake, croaker etc

Worth mentioning here is the fact that fish, owing to the difference in the environment in which they live (the sea) contain larger quantities of those components which do not occur in the meat of land animals, or they occur in much smaller quantities. This principally involves mineral compounds and vitamins, especially vitamin A and D. The caloric value of fish flesh does not give way to the caloric value of other meats.

A matter of undoubted interest is the high content of iodine in fish. This constitutes a specific dietetic aspect especially for older persons.

Moreover, there is chloride, sulphur, sodium, potassium, a little iron and minute quantities of copper and other metals.

But, let us return to the Gryf plant. The conserve factory which we are now visiting, also produces smoked fish by means of modern apparatus, patented in Poland, for producing cold' smoke. This method enables an exceptionally hygienic, and at the same time a much more rapid smoking of fish, which not only acquire an attractive colour but also an aromatic savour.

In the large hall which we now enter, the inedible parts of fish are processed into meal, glue, industrial fats, etc. Fish oil is extracted in the next department. Women stand along tables, filling tins with nimble movements. Right by the workers, herring fillets are being stacked. The conveyor hands the tins further to the sealing machine. At another stand, the tops are sealed by machine a little later. Several other technical operations and the tin with its label wanders off to the refrigerated storeroom.

Ready conserves stand in the storeroom in stacks, loose and in cartons. Such for instance as mackerel and vegetables in oil. Next, the same mackerel but in oil. And still others in arachis oil. A little further on, herring in oil and sprat. Herring in tomato sauce and flounder prepared in the same way.

We leave the storeroom. We are informed in conclusion that the plant will shortly be expanded and modernized. Production of conserves will then be 30 percent larger. Visit us after we have expanded, comes the invitation. We promised to come.







ESCARGOTS

e some vitamin C, there is no need to reach for home supplies of this medicine, or eat citrus fruits. It is found, along with a certain quantity of carbohydrates
elicate protein, calcium—invaluable for the human body, and many other mineral ingredients and microelements, in escargots, liked and appreciated for age
t demanding gourmets. The escargots are survivors of animal life from the most ancient, prehistorical times of this earth, and have belonged at all times to the
life of Poland, rich in a great many species. The moderately humid, not too cold weather of the temperate zone, along with soil rich in calcium, and a large
forest—adjoining meadows, parks and woodland, provide good living conditions for escargots. A careful and wise management allows to keep the quantity o
ts on their farms at a steady level, in spite of the increasing crops. One of the means of curbing excessive exploitation of natural resources is determination o
of the picked escargots, and this, in spite of higher cost involved, guarantees the leaving of a great quantity of young and smaller escargots at the picking
e good manager's concern for the widest possible expansion of the natural escargot resources calls for a special, organized protection system, which consists i
ing their enemies, rooks and magpies in particular, as also of various wild animals, like foxes, etc. Also research, aiming at inventarization and fixing
mum limit to the animal picking, will ensure for long the continuity and permanence of crops. Closed breeding of escargots is being organized in Polan
he same scientific management, the purpose of which will be the production of these animals to be settled on territories where they are scarce, as also th


WÓDKA
WYBOROWA
PURE GRAIN
45 %
0,75 l
WÓDKA
WYBOROWA
PURE GRAIN

olish Vodkas are Fine

VODKAS HAVE AN ESTABLISHED RENOWN

vodkas are awarded gold and silver medals International Olympics of Quality Vodkas, stance at Brussels, Lubljana, Leipzig. And ks for itself. Only drinks of a rich history uper quality attain such an honour.

, a few historical and contemporary details. ets of the production of various Polish requently date back many centuries. Once as made in small distilleries from rye by simple method. With time, a number of ments were introduced in production, differ- taste and strength of alcohol drinks began ferentiated. The immense growth of vodka on falls to the end of the 18th century. lish vodka is produced in big, modern state s, subordinated to the Union of Polish ndustry, where modern production methods n hand with a skillful utilization of old Polish

s the present assortment of Polish vodkas y AGROS,

KA WYBOROWA—45°, produced from wice rectified enjoys the greatest success. cellently be used in making almost all the . Among the pure whiskeys are also WOD- SUSOWA—40° and KRAKUS VODKA— very delicate whiskey. One of the finest ready known 100 years ago is ŻUBRÓW-

on the extract of an original grass, with a specific savour and medicinal values growing wild only in Poland. EXTRA ŻYTNIA—40° and 50°, is a dry whiskey of a light straw colour and mild aroma. Another dry vodka of a savour of light wine is SOPLICA—40°. Mention should be made of the following vodkas made on natural fruit juices: WIŚNIÓWKA (Cherry Cordial)—40°, CHERRY VODKA—40°, smelling of cherries, and JARZĘBIAK (Rowan Vodka)—40°, of a savour and aroma of rowan and of the colour of old gold. Among the oldest Polish vodkas is STARKA—50° of a very old established renown. The famous Gdańsk vodka GOLDWASSER —Złota Woda—40° has an equally old tradition—over 400 years.

Among the no lesser alcoholic rarities is the Old Polish honery liqueur OLD KRUPNIK Polish Liqueur—40°, and also CASSIS Liqueur—35°— a top class fine liqueur on black currants.

WINIAK LUKSUSOWY Polish Brandy—43° has the taste of a real cognac and a beautiful ruby gold colour. Special imported wine is used in its production. ADVOCAT—is a fine light liqueur, made on the yolks of fresh eggs and vanilla flavour.

Polish vodka is exported to 70 countries. That speaks for itself. The new attractive packing of the bottles, made of aluminum foil and pretty labels

in the Mead factory of Mielżyn





ent down to the cellars with aled eagerness. Outside was t of June, here, however, ol, and the air was so fragrant, heart was melting and the atering... Several floors under- labyrinth of corridors and we cellars of Milejów near Lub- Poland's largest mead factory nd in size after Warka factory vines. Large wooden vats and rns are standing closely one ner. Dusk and temperature, e at all times, are reigning nce prevails. Our steps sound We are following Mr Boles- bras, the first cellarman here he same time, the oldest em- f the factory. There is mead ahead of us.

w is situated in the centre n region, a region which is Poland's important granary, its largest 'sugar-bowl' (the lantations of sugar-beet and portant sugar factories are und in Lublin voivodship). t tasting part of this 'sugar- s honey from the Lublin re- ich has over 1000 large apia- tomers of grocery stores know , when buying small 'golden' honey from Lublin District Beekeepers' Cooperative... A specific variety of Lublin honeys is the mead— a beverage once so popular in Poland. A concoction of home made beverages on honey was a matter of ambition for more distinguished noblemen's manors ; they were manufactured in their own shops, i.e. in small mead factories and then kept for many years to make them mature and acquire a proper flavour. The older the mead, the greater was the splendour for the master.

Recently, their production is on the increase. As example can be quoted here the important share in this production of the 'Warsowin' Warsaw Wine and Foodstuffs Plant, which can already boast 4 brands of mead. Also exports of Polish meads to West European countries, the USA and even to the faraway Japan, are steadily growing.

The Milejów meads are considered the best. Many factors are contributing to the fact that the triple meads made here like : 'Wawel', 'Klasztorny' ('Cloister Mead'), or 'Kasztelański' ('Castellan Mead') are a real pleasure to drink... The most important, however, are Lublin honeys and the production technology.

The season at Milejów begins in July. A real honey river is flowing into the factory by cistern cars and trucks : first comes the acacia, next the linden tree, the buckwheat and finally the heather honey. During production (hundreds of people, an own laboratory, a line of machines and a whole system of pumps and containers), it undergoes many stages like boiling, filtering, fermentation, blending of brands, or the so-called coupling, maturing and finally bottling and sealing.

Mead is made by blending, in an appropriate proportion, fruit musts and honey. The proportions can be : 1:3 or 1:2 of honey and, depending on this, we call the meads 'triples' or 'doubles'. When yeast is added, honey and musts ferment and then they have to mature for at least two years, during which period chemical reactions are taking place in the meads. During that time alcohol content in the meads reaches 16%.

Mead is a living product—says the chief engineer of the factory, Mr Leon Tyć, M.Sc.—it can cause a surprise at any moment. A change in thermic conditions, for instance, can cause that, instead of mead, sirup or vinegar is the product... The presence of an expert, his knowledge and making an appropriate decision in critical moments, is of crucial importance. This knowledge can be sometimes replaced by a highly experienced cellarman. Once the Warsaw Fukier family used to be cellarmen with such experience. In our factory we have Mr Chabras.

We are just sampling the recent 'invention' of the master and, of course, of the whole team of local experts—the 'dwójniak Koronny' mead. The dark, thick beverage reminds by its flavour the sweet bread made in the country. According to master Chabras, this shows that, after two years of storing in Milejów cellars, the mead has matured. Its taste is excellent and it rushes to one's head...

— And how is a new brand made?

— A gourmet is always pining for something new, he is, therefore, making tests, and each new sample seems better. When, finally, he decides to discontinue, he awaits anxiously the consumers' opinion. A cellarman is sampling and creating for others. Of course, he does not drink alcohol. After many a year his palate becomes more and more sensitive, it detects nuances in flavour unnoticeable to an average consumer and that is the most rewarding part of this job...

Frozen



Frozen rabbits

the most wholesome meat

abbit Meat

eezing technology in many cases utchery production helps to pre- e the desired quality traits, and to ease the quantity of products and, he same time, advantageously ts the profitability of animal ding.

or almost 8 years the quantities of rozen meat of rabbits (Lepus cuni- s) have been growing in Poland. present level of production capac- amounts to about 6000—7000 of meat. Slaughter production put into operation in this domain e 20 plants running within the ework of AFC 'Peasant Self-aid', CBAL, the UCCS 'Społem' and Las' Association and cooperating refrigerating plants which freeze store in a frozen state the rabbit t for commercial sale.

ozen rabbit carcasses are intend- or buyers in France, Belgium, Eng- , GFR, Switzerland and the Uni- States of America.

the appraisal of the suitability of it meat for freezing and storing frozen state, its essential traits lay certain differences in relation ther meat varieties generally fro-

he domestic rabbit is a herbivorous nal. Animals of 7—8 months sup- easily digestible meat resembling ppearance turkey mast, with a thin ousness and of a greyishpink col- The meat contains relatively little er having large quantities of nutri- components. The relationship of er content to the mass is given w as an example :

-rabbit meat—60 % water,
40 % dry mass

-beef —76 % water,
24 % dry mass

-pork —73 % water,
27 % dry mass

The quantity of meat with bones in a rabbit carcass amounts to about 51 %, fat content—to about 4 %. Fattened rabbits have fat embedded in the abdomen, near the kidneys.

The culinary usefulness of this meat is very wide (roast, stew, pain-de-foie, jelly) and is particularly widely, spread in countries with a culinary tradition of many centuries such as France, Italy and Belgium.

It is generally known that rabbit meat is among the most wholesome meats. It is delicate, very savoury, contains a considerable quantity of easily assimilable protein, mineral salts and vitamins (principally C) owing to which it is easy to digest.

Physicians and dioticians recommend rabbit meat for small children, convalescents and both sick and healthy persons just because they know that rabbit meat is not very caloric. Worth reminding is that the process of digesting rabbit meat in the human organism takes 2 hours and 15 minutes, whereas digesting chickens—10 minutes longer and beef—3 hours and 25 minutes. These figures are a sufficient testimony. These valuable properties of rabbit meat occur in a marked degree in frozen rabbit carcasses exported from Poland. A question can be asked—why just from Poland?

The answer is simple. Rabbits imported from Poland come from domestic breeding ; their nutrition is exclusively based on natural, varied fodder. The Polcoop Foreign Trade Bureau of the Agricultural Cooperative 'Peasant's Self-aid' exports considerable quantities of frozen rabbit carcasses. These are carcasses from which the skin and internal organs have been removed, with or without heads (as desired) without legs, leaving only the giblets (kidneys, lungs, heart).

After thawing, these carcasses have all the values of fresh meat and are suitable for the preparation of every dish just like fresh meat.

FROZEN RABBITS—THE MOST WHOLESOME MEAT

Freezing is carried out in tunnel freezers by placing packages in airy accomodations ensuring an approximatelly uniform rate of lowering the temperature for a single freezing cycle.

The packaging used from a technological and commercial aspect are polyethylene bags ensuring a covering for each individual carcass and collective flat boxes of one-layered 1.5 mm thick cardboard with a 12 to 15 kg content and with perforations.

Conditions for the period of storage in a frozen state recommended in 1964 by the International Refrigerating Institute, are : air temperature from 20 to 23 °C for 6 months, assuming naturally a standard quality of the preparation of rabbit carcasses. The durability of rabbit meat in a refrigerated frozen state, depends of the quality of slaughter animals, dressing after slaughter and good care during refrigeration. These conditions are strictly observed.

The weight of 1 carcass (without head) amounts to 1 kg minimum, with head to 1.20 kg—they are thus sizable pieces. Each carcass is packed in a polyethylene bag or in hootaphan. It should be particularly stressed that frozen rabbits are absolutely wholesome. Each rabbit is examined before and after slaughtering by a veterinary surgeon. Directly after slaughter the rabbit carcasses are frozen by means of the most modern methods.

Frozen carcasses exported by Polcoop are known in many countries throughout the world and highly appreciated by buyers and consumers.

Remember—frozen rabbit carcasses exported by Polcoop are top quality, wholesome, clean and exceptionally savoury meat, excellent for preparing many delicious and good for your health.

FROZEN PRODUCTS

Freezing is regarded at present as being the most modern and reasonable method of conserving food, clearly outdistancing all others known heretofore.

The most important advantage is that it gives a product that most approaches the fresh product.

It has been ascertained that frozen dishes can constitute the foundation of regular nutrition both for adults and for children. As known, conserves and marinates can only be an addition to normal dishes and when taken in excess cause loss of appetite and avitaminosis.

Freezing does not produce and changes in the chemical composition of products. Like the fresh fruit and vegetables, frozen fruit and vegetables contain carbohydrates—the source of energy for discharging all kinds of nutrition functions, protein—a product for building up tissue, mineral components which have a great influence on the assimilation and activity of certain vitamins and are a bone-building material, and finally vitamins which are the regulators of many biological processes.

Owing to the most modern method of freezing 'Quick freezing' at a temperature of 40° to 45° C, the taste values and colour of the product remain unchanged, and it has an aroma of freshness. Polish frozen vegetables and fruit have won a worldwide repute and are known on European (GRF, Gt. Britain, Sweden and others) and overseas (USA, Canada, Australia, Japan) markets.

Both frozen fruit and vegetables are objects of export.

Frozen Fruit

Fruit is deep frozen only in a raw state and it should be eaten in this form. Then its nutritive, vitamin and taste values are fully utilized

Strawberries without a doubt have won the greatest popularity. They endure the process of freezing excellently. They contain large quantities of vitamin C (more than the lemon and orange). Poland takes second place in the world in the production of frozen strawberries. We have excellent climatic and soil conditions for their cultivation and the Polish varieties such as 'Faworytka', 'Ananas', 'Afryka', 'Talisman', 'Senga Sengana' are considered to be the best in the world.

The Polish industry produces frozen strawberries in a loose state, with sugar, industrial for further processing and pulps in packages : small espresso cartons of 150 g., 225 g., 250 g and in polyethylene bags—0.5 kg.

Raspberries—contain fairly much calcium, phosphorus, iron and vitamins C and A. Their therapeutic and nutritive properties are known. The method of preparing raspberries in many cases is identical as for strawberries. The Polish industry produces loose raspberries in packages of 100 and 250 g.

Red Currants—are used in households as a dessert fruit of a pleasant, refreshing taste. They contain large quantities of mineral components : calcium, phosphorus, iron, potassium and vitamins C and A.

Black Currants—have a specific taste and aroma, which after a further culinary processing gives an immensely delicate savour. It contains 3 times more of vitamin C than does the strawberry and 4 times more than lemon. The consumption of this fruit counteracts infectious diseases. Its largest buyer is Great Britain. Frozen **sour cherries,** containing large quantities of potassium and considerable quantities of vitamin A, are a very attractive commodity. We export the variety 'Sokówka' of very dark juice and high acidity. 'Sokówki-Kirschen' are exported in an industrial quality destined for pressing into juice.

Only 'Prunus domestica' plums are produced in a frozen state. They constitute an excellent raw material when in a very ripe state, excellently enduring the process of freezing. They find many uses in the household, especially in pastry. Plums contain rather large quantities of potassium and vitamin A. They help digestion. The Polish industry produces whole plums in a loose state, exclusively.

All these products are also exported in cartons of 15 kg.

Apart from whole frozen fruit, we also offer musts from the fruit mentioned.

Frozen vegetables

Just like fruit, vegetables also excellently endure the process of freering. Owing to the freezing industry, such vegetables as green peas, spinach, beans—until recently outstandingly seasonal—are now available the year round. They have become an indispensable component of almost every dish. The modern cuisine is introducing the principle of a minimum of three vegetables to each meat dish.

The Polish industry offers both individual frozen vegetables and vegetable mixes. Among the former, green peas, spinach, tomatoes, cauliflowers, French beans, asparagus, red peppers, cucumbers, Brussels sprouts should be distinguished. We also recommend vegetables of 2, 3, 4 and 7 vegetables.

2-vegetable : peas, carrot,

3-vegetable : peas, string beans, carrot

4-vegetable : carrots, string beans, Brussels sprouts, cauliflower

7-vegetable : carrot, peas, Brusselsprout, kohlrabi, cauliflower, leek, string beans.

Packed in polyethylene bags of 0.5 kg. or in cartons of 15 kg.

The only enterprise in Poland exporting frozen fruit and vegetables are Foreign Trade Enterprises AGROS, HORTEX and POLCOOP.



Semi-preserves

Some varieties of fruits cannot be stored fresh for long, so the production of semi-preserves aims at creating reserves of the valuable initial products for further processing. As the basis of semi-preserves we consider the degree of comminuting the raw materials, and according to that we can produce

Pasteurized fruits
Fruit pulps
Pomaces
Musts

Pasteurized fruits : semi products for further processing in confectionery and fruit preservation. Polish industry offers pulps made of the best varieties of fresh fruits. They are preserved in a way of pouring the isotonic solution of SO_2 over fruits, the content of preserving agent not exceeding 1—2% ; fruits retain their unchanged aroma and vitamine content.

Polish processing specializes in the manufacture of so called coloured concentrates in the following assortments : raspberries, red and black currants, strawberries, apples, bilberies and pears.

Packing : 3 and 5 l. cans.

Pulps : are produced from the best fruit raw materials, such as strawberry, black and red currant, bilberry, morello cherry, raspberry, blackberry, craneberry, plums, apples, cherries, gooseberry. Strawberry pulp made of small dark-red 'Africas' enjoys great popularity because it retains characteristic aroma and natural colour of fresh fruits.

Pulps are made of fresh, rape, cleansed and healthy fruits which are preserved in a preserving agent consisting of an aqueous solution of sulphurous acid (SO_2) or (H_2SO_4). Great demand for the pulps is due to their high quality. They retain excellent taste, flavour and consistency of fresh fruits. Pulps are used in confectionery and foodstuffs eg. for making jams and fruits in syrup. Exquisite Polish fruit pulps are exported by Foreign Trade Enterprises AGROS, HORTEX and POLCOOP. They sell the pulps in 150 kg. polyethylene barrels produced in Poland and adjusted to the long distance transport, or in 170—190 kg. oak barrels.

Musts : natural juices pressed from fresh, rape and carefully selected fruits. The best for production of musts are fruits containing carbohydrates and organic acids (refreshing taste) mineral and aromatic compounds. Polish processing uses for manufacture : apples, pears, morello cherries, cherries, raspberries, strawberries, red and black currants, blackberries, craneberries, bilberries, gooseberries. Raw juice is the initial product. Musts are corrected as regards their taste, flavour and vitamin content, except for apple and grape juices which need no additions. Musts are chemically preserved in an aqueous solution of sulphurous or formic acid, chemical agents not exceeding 1 to 2%, or pasteurized in air-tight containers. Due to that process there is no loss of taste and vitamine value.

Chemically preserved musts exported by Foreign Trade Enterprises AGROS, HORTEX and POLCOOP are packed in 185 l. barrels, pasteurized musts are bottled in 25 to 40 l. demijohns.

. . .

Dried fruits and vegetables are also worthy of recommending to our foreign buyers. Drying is the oldest method of preserving the foodstuffs. Initially all products were dried by the sun and wind. At the time being, drying constitutes a perfectly organized branch of foodstuffs industry.

Best for drying are fruits and vegetables containing much dry volume. Raw materials used for drying must be very fresh. Drying process follows in a way of slow evaporation of water from the product, when dried it is good for long time storing. At the same time dried products retain colour, taste and aroma of the fresh raw material. Drying has got also an economic effect : it lightens the weight and lessens the volume of products facilitating transport and storing.

Polish industry produces homogeneous and mixed dried products. Dry vegetables include such raw materials as : onion, garlic, parsley, selery, beetroots, leeks, carrot, horse radish (most frequently exported as horse radish meal).

We export two kinds of dried vegetable mixtures : broth mixture (carrot, parsley, selery, cabbage, onion, leek, selery and parsley leaves) and 'Julienne' mixture (peas, beans, savoy, carrot, selery, parsley, onion, parsley and selery leaves).

Dried vegetables are packed into polyethylene bags, then in carton boxes. Export of dried products is carried on first of all by Foreign Trade Enterprises AGROS and HORTEX.

. . .

Lyophylized fruits are a novelty of Polish foodstuffs industry to be developed in the nearest future. Technological method anticipates drying in air-tight space at very low temperatures. Dried products preserve the taste, aroma, colour and all nutritive values of the fresh raw material without the slightest changes. Packing will depend upon the wishes of buyers.

Foreign Trade Enterprise HORTEX is the only exporter of lyophilized fruits.

Frozen Vegetables

Vegetables, similar to fruits, endure freezing very well. Due to freezing such vegetables, considered seasonal as peas, spinach, beans, are presently available all year round. They become an indispensable ingredient of almost every meal. Modern cuisine introduces the principle of serving at least three vegetables with each meat meal.

Polish industry offers particular kinds of frozen vegetables as well as vegetable mixtures. Among the first cathegory we distinguish peas, spinach, tomatoes, cauliflowers, beans, asparagus, paprika, cucumbers, brussel sprouts. We recommend also vegetable mixtures 2 3 4 and 7 ingredient.

2 ingredient : peas, carrot
3 ingredient : beans, carrot
4 ingredient : carrot, beans, brussel sprouts, cauliflower
7 ingredient : carrot, peas, brussel sprouts, kohlrabi, cauliflower, leek, beans.

EGG COMMODITIES

FRESH EGGS

Egg were already in the middle of the 19th century exported from Poland to European markets.

Poland as an exporter of eggs has a known and old tradition. The first transports of eggs from Poland already appeared in the second half of the 19th century on West European markets. This export is strictly connected with the beginning of world trade in eggs. At that time England and Germany were the largest exporters of eggs.

The geographical location of Poland, its moderate climate and soil properties create natural conditions for poultry breeding and the production of eggs. We owe to the natural conditions of poultry breeding the fact that the eggs are a product of the highest savoury and nutritive value. The characteristic features of Polish eggs are the intensive colour of the egg yolk, the strong shell and high vitamin content. Eggs conform to Polish standard regulations and have an air bubble up to 6 cm, a rather clear firm yolk, a clear strong white, invisible germ. Eggs of various class weights from 45 to 70 g are exported, divided into

B—57/58 g
C—52/53 g
D—47/48 g

Eggs are packed into wooden crates or cardboard boxes of 360 pieces. Cardboard layers with individual egg compartments are used for interior packing. At the request of the buyer, retail cardboard containers for 6 or 10 eggs can be used instead of the layers, having appropriate labels or enfacements.

Owing to the steady supervision before dispatching the commodities and to the adaptation of the packages to technical advance, eggs are of top quality and are appreciated by buyers on the regular sale markets.

EGG PRODUCTS

In Poland, the egg processing industry is already 20 years old. The export of egg products in Poland is also that old. While the forms of production were being imporoved, the quality of the products made were also systematically improved and their assortment expanded.

The following egg products are produced and exported at present:

liquid egg yolk—frozen with an addition of salf
frozen egg whites

POWDERED : egg powder from whole eggs
powdered egg yolk
powdered egg white

All the egg products are made from chicken eggs. The quality of Polish egg products is of a high standard and fully meets the requirements of buyers and sanitary authorities of the importing country because eggs directed to production are of top quality, sanitary conditions observed in production plants are stiff and because there is a steady supervision of the veterinary service.

The packing used fully protects the product against damages and is adapted for long storage.

Frozen products are packed in tins of 28 lbs /12.7 kg/ net. A cardboard packing is additionally used for each tin at the request of the buyer.

Powdered products are packed in cartons of 5 kg net with a polyethylene bag inside. Joint packages are made up of cartons of 20 kg.



polish cookery

Poultry is increasingly winning greater appreciation of consumers, the more so that at present it is industrially prepared for easy thermal treatment. It is supplied for sale completely cleaned, which shortens time and eliminates what is called the dirty dressing such as plucking, drawing, etc. The aesthetic and hygienic packing encourages purchase, enabling at the same time to examine the bird through the transparent cover of the polyethylene bag.

Poultry can be prepared by various methods. If we wish it to go farther, we can fill it with various stuffings.



ROAST CHICKEN WITH STUFFING (à la Polonaise)

1 chicken
3 tablespoons butter
chicken liver
2 eggs
1 roll (0.05 kg)
1/2 glass milk
2 tablespoons finely chopped green dill, salt, pepper, sugar to taste

Salt inside and outside a well rinsed chicken. Truss by turning the wings back.

STUFFING

Beat half of the butter until creamy, adding eggs one at a time and finely chopped liver, green dill, then the roll, soaked in milk and pressed dry. Season to taste with salt, pepper and a little sugar. Last, add stiffly whipped egg whites.

Fill the prepared chicken with the stuffing. Pin or sew up the opening. Tie the legs together, place it in the roasting pan, spread the remaining butter on it and put into a medium hot oven. Roast about 1 hour, basting it several times with the sauce that had formed. If there is little sauce, 2—3 tablespoons of cold water may be used for basting. Lower the temperature of the oven toward the end.

Divide the roasted chicken into 6—8 pieces. Serve with green lettuce, fresh cucumber salad or other



CHICKEN BAKED IN APPLE--HORSERADISH SAUCE

1 chicken
3 tablespoons butter
1/2 kg apples (Antonówka-cooking apple)
2 tablespoons flour
3 egg yolks
2 tablespoons grated horseradish
juice of 1 lemon
salt, sugar to taste.

Rinse chicken well, rub with salt, spread with butter and roast in a moderately hot oven.

Remove the roasted chicken from oven, cut into 6—8 pieces. Place on platter (preferably metal), pour over with sauce and bake in a hot oven for 10—15 minutes.

SAUCE

Add flour to melted butter and brown to a light colour. Add stewed (without water) apple rubbed through a sieve, grated horseradish and cream. Boil, add lemon juice, sugar and salt. Add egg yolks, beat well. Pour the sauce over the pieces of chicken laid out on the platter and bake. Serve hot with vegetable (in season) salad.

Rabbit meat is very delicate, its olour resembling the colour of oultry or young veal.

When well prepared, it can be erved as a real culinary 'specialty'.

RABBIT A LA CHASSE

addle and thighs of a rabbit
0 dkg smoked bacon
onion (medium sized)
celery (medium sized)
parsley root (medium sized)
carrot
—3 dried mushrooms
0 dkg butter
tablespoons flour
—3 glasses meat broth or 1/2 lass dry white wine to taste : salt, epper, allspice, laurel leaf.



Put bacon, cut into thin slices, n heated butter. Brown slightly. Chop finely onion, celery, parsley oot and carrot and boiled mush-ooms. Stew the chopped vege-ables on the melted butter and rowned bacon.

When vegetables are soft, remo-e with a strainer. Fry on the re-naining fat the rabbit, cut into ieces, salted and sprinkled with lour, mixed with pepper. After ll the pieces are browned, place hem tightly into a shallow kettle, over with stewed vegetables, our in a little broth, add allspice nd laurel leaf. Stew under cover ntil soft. Add wine before serving nd stew for another 10—15 min-tes.

Serve on a platter. Put pieces ext to one another, pour over with auce. Serve with boiled beets and salad from fresh vegetables in eason.

MUSHROOMS

Mushrooms rather belong to that group of products that can be used for an entremet because of their specific flavour and very characteristic smell. They also have many adepts. Mushroom dishes require great knowledge of the raw material in case they are picked independently and they have to be prepared with great care.

Dishes can be made from mushrooms by all methods. Most frequently, however, the methods of frying and stewing are used.



FRIED LACTARIUS DELICIOSUS IN SOUR CREAM

1/2 kg lactarius deliciosus mushrooms of medium size
2 tablespoons butter
salt, pepper to taste
1 glass sour cream

Thoroughly rinse mushrooms, dry by placing, them, lamella down, on a clean napkin. Put them—lamella up—on hot grease, salt lightly. Do not turn during frying. They are done when they turn brown, then add sour cream. Boil. Check taste, add salt and pepper if needed.

Serve with potatoes amply sprinkled with green parsley.

STEWED FRESH MUSHROOMS

1/2 kg mushrooms
1 onion
1 tablespoon butter
1/2 glass sour cream
salt, pepper to taste
1 teaspoon flour

Carefully wash mushrooms and cut into thin slices. Fry chopped onions on fat, add mushrooms, allspice and laurel leaf, salt and pepper. Stew under cover on a low fire so that they would not become too brown. Toward the end, add sour cream mixed with flour.

Can be served with cereals, boiled so that the grains will be separated or with potatoes.

EGG DISHES

Eggs are a product that can be bought the entire year round. Their season, however, is the beginning of summer. Since egg dishes are easy and quick to prepare, they are an irreplaceable product during the summer months on every table, served as cold or hot dishes.



STUFFED EGG MUSHROOMS

6—8 hard-boiled eggs
1/2 tin sprats or sardines
1 tablespoon finely cut dill
3 tomatoes
salt, pepper to taste
lettuce for garnishing

Shell the eggs, cut off the sharp top of the egg. Remove the yolk through the opening. Chop yolk together with sprats or sardines and with chopped green dill. Season with salt and pepper and fill the eggs with the paste. Place eggs with cut off top up to resemble stem of a mushroom and place a half of a tomato, slightly hollowed, to resemble a mushroom cap.

Place mushrooms on lettuce leaves. This is an excellent and effective entremet.



STUFFED EGGS IN CASSEROLES

8 eggs
2 tablespoons butter
2 tablespoons grated sharp yellow cheese
3 tablespoons finely cut chives and dill
10 dkg lean cooked smoked bacon
salt, pepper to taste
butter and bread crumbs for preparing casseroles
lemon cut into thin slices and lettuce for garnishing

Boil 7 eggs until hard, shell and chop finely. Add raw egg to beaten butter, dill and grated cheese, chopped eggs and bacon cut into fine slices. Mix the whole, season with salt and pepper. Place the paste into small casseroles, greased with butter and sprinkled with bread crumbs and bake in hot oven.

Before serving, garnish each casserole with a slice of lemon and a lettuce leaf. Eggs served in this way are a good dinner entremet or a supper dish.

odka can be served in diverse s. Obviously, the simplest is to serve vodka without xtures. Just remember that it always be well chilled and d only to definite dishes.
e most modern form of serv- lcohol is to prepare a cocktail. composed of a variety of holic drinks or of just one hol, made richer by a variety of lcoholic admixtures.









COCKTAIL 'BAMBO'

litre Vodka Wyborowa
ass of an infusion from 4 dkg y ground coffee (cold infusion)
glass sugar
nilla pod
hiskey glass of rum
ew coffee, adding to the ion vanilla cut lengthwise and r. Chill infusion, mix with vod- nd rum.
lace an ice cube into each and pour in the chilled mix-

COFFEE COCKTAIL

l Wyborowa Vodka
ss infusion from 4 dkg coffee
glass sugar
od vanilla
hiskey glass rum
ew coffee adding vanilla pod, lengthwise, and sugar to the ion. Cool infusion, mix with a and rum.
ut an ice cube into each glass ared and pour in the cooled ure.

POPPY SEED YEAST CAKE
Dough

1/2 kg flour
2 tablespoons butter
4 egg yolks
1 glass milk
3—4 dkg yeast
1/2 glass sugar

Poppy seed stuffing

1/2 kg poppy seed
1 glass sugar
2—3 drops almond extract
1 package vanilla sugar
10 dkg raisins

prepare as for brioches.

Knead the dough, roll out into a rectangle, spread poppy-seed filling evenly on top leaving 5 cm uncovered along the long edges of the rectangle. Roll the dough, beginning with the edge where the poppy seed filling is spread to the end. Spread egg yolk along edge without poppy seed. Fold over so that it would stick. Place on a cake tin in such a way that the edge of the roll would be on the bottom. Press ends together so that they would be well closed.

Spread beaten yolk on top and bake in a medium hot oven. If the poppy seed cake has already become brown on top and the inside is still undone, cover with paper. Remove from pan when baked, place on board and set aside to cool. Cut when cold.

There should be two poppy seed cakes 30—35 cm long from this quantity.

A GOBLET..... OF POLISH STRAWBERRIES

Wash 0.5 kg strawberries under cold running water. Put 1/3 into the goblet, crush the third and leave 1/3 for decoration of dessert.

Dissolve gelatin in 1/8 liter cold milk, then slightly warm milk until the entire gelatin dissolves.

Then take 250 g soft cream cheese and 150 g sugar and beat together with the milk and gelatin, then chill in refrigerator. Add whipped cream and beat the entire mixture with the crushed strawberries. Place the mixture on the fresh strawberries in the goblet, decorate with strawberries or with whipped cream. Serve cold.

CHAMPAGNE WITH POLISH STRAWBERRIES ONLY

Sprinkle powdered sugar lightly on fresh, well rinsed and cleaned strawberries and let stand for 1/2 hour in the refrigerator. After that time, serve immediately in champagne glasses, pouring chilled dry champagne over the strawberries at the last moment. Serve at once.

POLISH STRAWBERRY SOUFFLÉ

0.5 kg strawberries, 2 teaspoons sugar, 3 egg yolks, 4 egg whites, teaspoon potato flour, 3 tablespoons sweet cream.

Rub cleaned strawberries through a sieve and add sugar, egg yolks, potato flour and cream to the mixture (about 0.5 l). Whip whites and mix in rapidly with the strawberries. Put the entire mixture into a lightly greased mould and cook 25 minutes on a low flame.

A TITBIT OF KINGS LIVING ON THE VISTULA

500 grams strawberries
3—4 egg yolks
sugar
a small glass of cognac
almonds
small glass of sour cream.

Rub half of well rinsed strawberries through a sieve and mix with the remaining whole strawberries and sliced almonds. Fill glasses with mixture. Then beat the yolks with sugar and add cognac and whipped cream. Pour over the fruit mixture and serve.

The Foreign TradeEnterprise 'Hortex' is a member of 'Florist Transworld Delivery Association', known as 'Interflora'. Owing to this institution the citizens of over one hundred and fifty nations, belonging to 'Interflora' can always get Polish flowers. The flowers exported are primarily carnations and roses, which can be encountered in various countries, among others, in Sweden, Czechoslovakia, Austria and the Soviet Union. Matters pertaining to the export of flowers and seeds of flowers are taken care of by the Foreign Trade Enterprise 'Hortex' Warszawa—Poland, ul. Warecka 11a.



"HORTEX"

Polish Beef Export

Over ten years ago, a new domestic—export
f beef—was added to the traditional items
f Polish export of meat, bacon, tinned ham,
eat conserves and also of pork and hogs on
e foot.

Some information on beef. Probably, it was
ving just to the long-standing tradition of
olish meat export that expanding it by beef—
esh or deep-frozen—it was so rapidly accept-
d on many markets—especially on fastidious
arkets of a high beef consumption level and
nowledge of this commodity.

Using the experience of long standing in
roduction and trade, acquired in other related
elds of breeding and the turnover in order

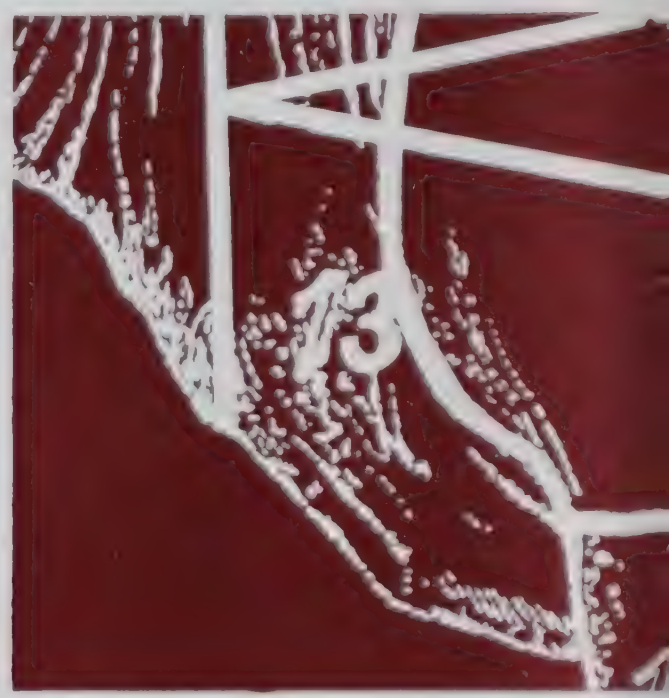




o extend our export of beef, facilitated putting
on such a plane which would enable Polish
eef to take a sizable place next to beef meat
oming from conventional suppliers and ha-
ing been introduced a long time ago in many
f the principal markets.

Formerly, cattle breeding was primarily
djusted for dairy production. Nonetheless,
he advantageous natural conditions enabled
roduction of excellent slaughter material from
attle of dairy-meat type. Likewise the Polish
ed breed, although not to be compared as to
uts and weight with meat breeds of cattle
uch as Aberdeen Angus, Hereford, Shorthorn,
r Charolaine, do not fall short of them,





however, both as regards slaughter yields and
ains from cuts when correctly bred on power
eed. This is influenced, among others, by the
mall bones of Polish cattle and also by the
w fat content (2—3 percent as compared to
—7 percent in South American beef).

Beef, exported from Poland, is derived exclu-
ively from young cattle, in principle, not
lder than 2 and a half years, of live weight
luctuating between 370 kg to about 450 kg
f live pieces. The slaughter material, intended
or the production of meat for export, comes
rom small private breeding farms, drawing
p contracts with state or cooperative sale
rganizations, which set breeders high require-



ments as to the cattle supplied. Cattle feed
n private farms and also in the specialized
tate farms is based on natural power feed,
which is of extremely essential importance
or the organoleptic values of meat, its con-
istency and savour

Contracted cattle for export purposes is
ubmitted to a steady sanitary and zootechni-
al supervision during the time it is with the
roducer

The absolute weight of a beef carcass, and
herefore of the elements obtained therefrom,
gives way in Poland to beef produced by
ountries having at their disposal meat cattle
reeds. Nonetheless, a number of traits As

racteristic for meat from Polish heifers and
bovines, cause that, despite this, they are
highly valued and sought everywhere where
they have become known.

The values of Polish beef is above all its
lower fat content between muscles (moderate
marbling of meat), its flavour, delicacy and
succulence of the meat. Its light colour is also
valued on the broad market, on some it repla-
ces veal, being only a little darker and, accord-
ing to gourmets, 'richer' in savour.

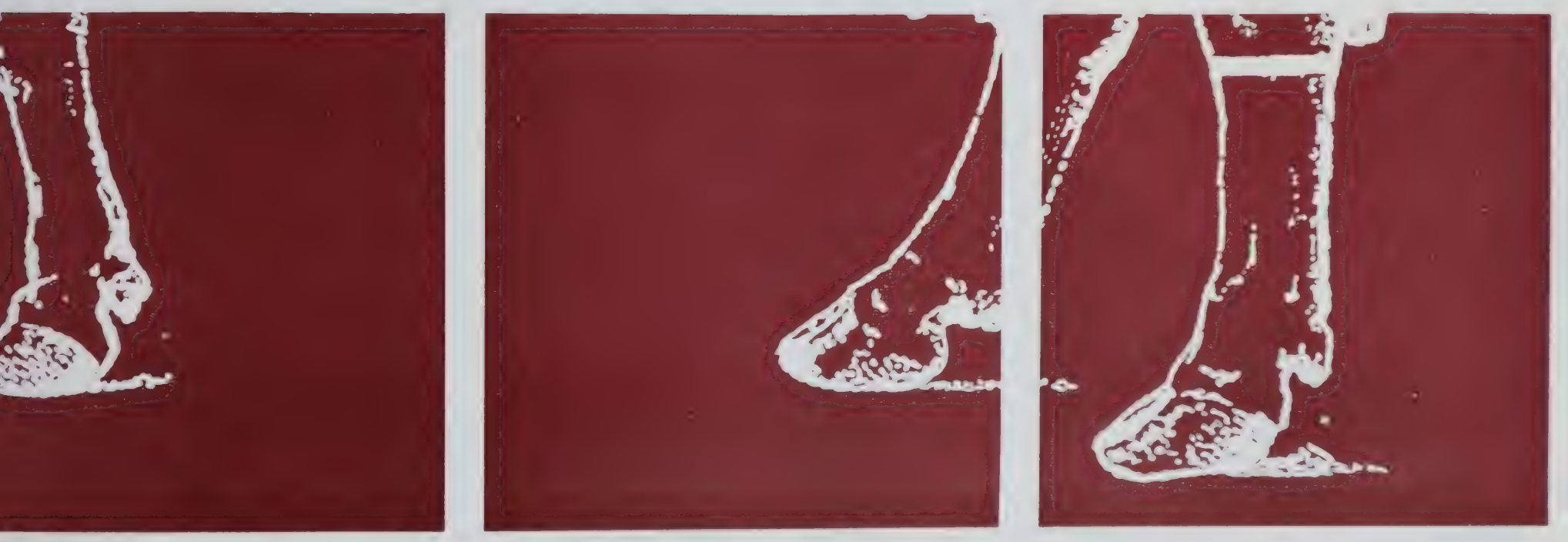
These values enable to bring into relief a fac-
tor that is so essential to meat—the short
distance between the place of slaughter and
the place of its destination. This is of particu-

lar significance for fresh deep-frozen meat
offering in this respect a distinct advantage
on Western and Southern European markets
over deep-frozen meat supplied by sea from
across the ocean.

It is perfectly obvious that the slaughter of
cattle, the cutting up of the carcass and prep-
aration of the meat for export takes place sol-
ely in meat plants under the steady super-
vision of the state sanitary service and fully
meeting the requirements set by the authori-
ties of individual countries.

Permitting the importation of beef from
Poland by all, even the most exacting Western,
Southern or Northern European countries





s an eloquent testimony to the advanta-
s appraisal of and confidence in the
dard and sanitary-hygienic level of Pol-
neat plants producing export beef.
he State Quality Control watches over the
ing of the technological requirements as
hole and over the conformity to the de-
d qualitative requirements stipulated in
given contract. It is exercised ex officio by
nspectors of the State General Standardi-
n Inspectorate. Moreover, they supervise
transportation means especially their
liness and refrigeration before the meat
nt to the foreign buyer.
esh meat is transported almost as a rule

in special refrigerator lorries, guaranteeing that the proper temperature and humidity will be maintained during the entire time it is being transported and eliminating trans-shipment which is so harmful to frozen meat. These conditions are fully met by the cooler containers, used for exportation to Great Britain, brought by motor lorries to the port, then by ship to London.

Meat is transported to farther markets in a deep frozen state in the hatchway of the ship, ensuring maintenance of a uniform temperature in conformity to the request of the buyer and depending on the length of the transportation.

In conformity with practice and custom in international trade in beef, the bulk of the commodity is exported in the form of joints with the bone, enabling the buyer to cut and dress each of the elements in conformity with the requirements of the market and situation.

The large experience of the Polish meat industry in production for export—the same industry that for decades had produced the famous hams and bacons and also the renoun of the Import-Export Central Agency ANIMEX, an exporter of these commodities for many years--are a guarantee for buyers to be also satisfied with Polish beef.

FROZEN GUINEA FOWL

the turn of 1965 and 1966, Pol-
' started exports of frozen guinea
s.

e guinea fowl raised under natu-
omestic conditions (appropriate
er, runways for the birds) has
er, juicy meat, which preserves
lavour of venison. These proper-
of guinea fowl cause that dishes
this meat are considered by gour-
as most attractive and are recom-
ded for most exquisite menus.
y hors d'oeuvres and dishes can
done from guinea fowl meat.
ea fowl in Malaga or in jelly is an
lent and exquisite hors d'oeuvre,
h will add to the splendour of
elegant party.

so all kind of broiled, grilled or
d guinea fowl dishes (e.g. guinea
stewed with tomatoes, guinea
à la venison stewed in sour cream,
ed guinea fowl) are much appre-
d by most demanding gourmets
can become the specialité de la
on of every ambitious housewife.
ports of guinea fowl to Italy,
ted by Polcoop, met with approv-
customers from many a country.
oland exports :

vhole guinea fowls, eviscerated
vith stomach left. Carcasses weigh
0.6 to 1.2 kg ;

grillers—carcasses without heads,
and giblets, weighing from 0.6
.2 kg

— dressed guinea fowls without he
ads and legs, packed in polyethylen
bags together with giblets.

The guinea fowls are packed sepa
rately in polyethylene bags or i
krehalon, and further—into export car
tons.

Deliveries take place by refrigerated
cars (contracts are signed for delivery
of at least one car, i.e. 10 tons)
during the 1st, 3rd and 4 th quarte
every year.

Before slaughter, the birds undergo
veterinarian inspection, which guaran-
tees their full healthiness. Moreover,
sanitary control is carried out during
all production processes. Thus, only
absolutely wholesome and high quali-
ty carcasses are admitted for export.

The qualitative control is carried out
by the Quality Inspection Office.

As many foreign customers are in-
terested in this article, the Union of
Eggs and Poultry Industry (state insti-
tution handling all matters connected
with poultry breeding and processing in
Poland and cooperating with leading
poultry breeders), concerned with se-
curing enough specimens for export,
is presently working on a further de-
velopment of guinea fowl breeding.
Thus, everything indicates that exports
of this article will increase in the years
to come.





"SPOŁEM" CONFECTIONERY

As a result of further specialization o the Polish foreign trade enterprises ac cording to lines of business, the "SPO ŁEM" Foreign Trade Office took over al exports of confectionery from the Coo pexim, Prodimex and Polcoop enterprises Thus SPOŁEM, along with the Agros Fo reign Trade Enterprise, became one of the two enterprises exporting Polish confec tionery to all continents.

Presently, SPOŁEM is supplied with wares not only by its own factories of the Consumers' Cooperative Union (which includes the Włocławek plant—one of the largest and most modern in Poland) but also by many other factories asso ciated in the Central Union of Labour Cooperatives, in the Invalids' Coopera tives Union, etc.

All this contributed considerably to the widening of choice of confectionery pro ducts intended for export.

Let it be mentioned again that the list of export products includes various kinds of filled and hard sweets of various flavo urs, finger pops and rexies in endless shapes, flavours and sizes ; the famous cream fudges ; a large choice of pastry gingerbread, cookies and wafers ; choc olate-coated plus and cherries, raisins in chocolate and many other articles.

As concerns packaging, it can only be said that it is very attractive and diversi fied, because SPOŁEM is always willing to meet the wishes and requirements o the customers. Therefore packaging come in various sizes, from 100, 200 and 500 gram bags up to several kilos polyethylen bags, or beautifully litographed tins. Th export boxes contain 20 kg of ware ne

The sweets and lollipops have attract ive, manycoloured wrappings of highes standard, catching the eye and invitin to buying.

On the whole, the confectionery export ed by SPOŁEM is in increasing deman in England, Sweden, the GFR, France Italy, Belgium, as also in the USA, Arabia the Canary Islands and Oceania.

Speaking about the tasty articles ex ported by SPOŁEM, one cannot forget th excellent 'BABUNIA' ('GRANNY)' mead containing 12% alcohol and winning mo and more customers the world over. Th shape of the bottles is particularly attrac ive and the labels are pretty. This a delicacy, but after tasting it once, on cannot resist the temptation to buy again. Today 'Granny' has already ma lovers in the USA and Japan, not speak of the European countries.

For up-to-date information on SPO ŁEM exports please apply to th Enterprise No 13 Grazyna Stre



Wawel – more than sweets

Cracow, one of the oldest Polish towns, spreads at the foot of WAWEL, the old residence of Polish kings. Here in Cracow there is another WAWEL—the factory of chocolate, confectionery and bakery goods. Although the factory has been founded only 20 years ago—WAWEL mark is known all over Poland and almost 30 European and overseas countries—Sweden, Saudi Arabia, the United States, Kuwait, Jordan, Somali, Puerto Rico, Haiti and Austrialia, the Soviet Union, Afghanistan, France, FGR, and others.

In the dispatched cartons there are over 200 varieties of confectionery. For example : MIODOWE (honey) candies, LUX candies, Sicilian assortment called Sycyliana, FRUCTO, fruit flavoured candies, forest mixture, etc.

Red, green-blue, golden, uniform in colour and glittering with various shades, they catch the consumers' eye. Candies look like that when poured out of the wrapping machine into tomophane bags, coloured metal tins or 'armoured' cartons used for packing sweets to be sent by sea.

Candies are WAWEL's specialty. If we packed the monthly production of that sole department into railway



ons, they would make
in 30 wagons long.

ome time after going out
the great hall, full of
omates for production
wrapping candies, I still
e the noise of machi-
buzzing in my ears, and
glimmering with colours
ophane candy wrap-
gs moving along before
eyes like ribbons.

Here we have another
cialty of the factory—
rries in chocolate. And
only that. Chocolate de-
tment, besides already
ntioned cherries, produ-
other sweets. Here they
k chocolates into small
ourful cartons. This con-
er belt is serviced by a
group of young girls. Small milk chocolates wrapped in coloured labels pile up besides the first of them. A few composed, quick movements of her hands and the small carton with the first layer of chocolates at the bottom goes to the second stand.

Next to the hall there is a store-room with necessary raw materials. Almost all raw materials used by WAWEL are of home origin. For example—excellent, fragrant July honey, a little further—bags full of sugar. On broad shelves—raws of bottles with various juices. There are also barrels of syrup and batteries of cherries preserved in alcohol. Everything is fresh, tasteful, aromatic and full of value. Besides cocoa, coffee and arachid nuts imported from abroad, the rest of products comes from Polish apiaries, orchards, fields and gardens. They are produced in natural conditions without the use of chemical agents, stimulators, etc. (having negative influence upon health).

In the next hall we see fully automatized giant machine of Italian make, Cavemill, producing chocolate coated filled candies. During the eight hours work day it produces about 7 tons of that specialty. All operations as shaping chocolates, filling, until the product is ready, are done by the machine
At the stearing desk red an
green lamps are alight. Eac
damage is immediately au
tomatically signalized. I an
watching the giant for
while. I can see the ready
chocolates go to the nex
hall also equipped with for
eign packing machines.

Passing further we are
stroken by the full mechani
zation of the production
The touch of human hands
is limited to the minimum
Modernization entered tha
factory. Due to the experi
enced stuff and wholesome
recipes, exquisite WAWEL
confectionery enjoys popu
larity and is highly appreci
ated by many countries o
the world.





from Poland. And already at that time it was known by gourmets in many an European country. Over five hundred years the quality of this beverage has been brought to perfection. That is a fact well known to the importers the world over, for whom Polish beer became a highly attractive article, very much in demand

FULL LIGHT 12.5° Blg. ŻYWIEC BEER

Awarded a gold medal for quality, Brussels 1967.

The flavour of this beer can satisfy most demanding connoisseurs and gourmets. It is of an exquisite golden colour, has white, rich and lasting froth, high saturation with carbon dioxide, magnificent clarity and—thanks to the addition of fine blended hops bitter—an exceptionally untainted flavour.

22° Blg. ŻYWIEC PORTER

An excellent dark beer of beautiful brownish colour, strong, with alcohol content raised to 6 %, and of high extra-activity. A specially selected blend of malt is used for its production. This beer has a specific, excellent aroma and dryish flavour, high clarity and rich, thick froth.

FULL LIGHT 12.5° Blg. OKOCIM BEER

It has the smooth flavour of hops bitter, a golden colour and rich, lasting froth. Next to an excellent clarity and refreshing taste, this beer is renowned for its high defermentation degree. It contains about 4 % alcohol.

18° Blg. SUPERIOR DARK BEER

It is an excellent, dark, rather strong beer (with about 5 % alcohol content). It is manufactured by the Wrocław 'Piastowski' Brewery, which has its own malting shops where finest malts are selected : the light Muenchen, caramel and colouring brands. The beer has a tinge of dark cherry, a distinct flavour of hops bitter, very high clarity, rich froth, and also a high saturation with carbon dioxide

Beer is bottled into Vichy-type, orange-coloured bottles of 0.27 l, 0.355 and 0.5 l capacity. Coloured, litographed caps, lined with cork and a foil-leaf, make the bottles fully leakproof. The guaranteed shelf-life of the beer amounts to 6 months

It must be added that Polish breweries have been reconstructed after World War Two in accordance with the newest requirements of world technology The ŻYWIEC brewery, fully modernized in 1967— is located in the Beskid Żywiecki mountain range, which fact influences considerably the quality of the ŻYWIEC beer as crystal-pure and soft mountain water is used for its production. The Wrocław OKOCIM and PIASTOWSKI Breweries manufac ture—next to beer—malt, which is also exported to all continents

The Polish beer is great. That is what the beer lovers have been thinking for long. And many medals and awards which Polish beers win in numerous brewery competitions, displays and sam pling fairs is the best proof to this fact

Sole exporter—the AGROS Foreign Trade En terprise

POLISH BEER—THAT'S A BEER FOR CONNOISSEURS!

POLISH BEER—THAT'S TRADITION!

POLISH BEER—THAT'S A GUARANTEE OF BEST QUALITY!

AGROS

— is the undertaking which exports garden, field and forest products. Next to jams, syrups and juices and other fruit preserves, it sells also pickled cucumbers, pickled and dried mushrooms, frozen fruit, alcoholic beverages (vodka, beer, fruit wine) and confectionery. Address of the Enterprise—32 Żurawia Str., Warszawa. Poland.

ANIMEX

— exports animal products like hams, bacons, canned meat, game, poultry and milk products.
This Enterprise is domiciled in Warszawa, 14 Puławska Str. Poland.

HORTEX

— The Foreign Trade Enterprise of the Gardeners' Cooperatives' Centre sells, in the first place, fruit and vegetables and products made of them. 'Hortex' offers also flowers.
In all matters concerning the activity of this Undertaking please apply to the following address :
'Hortex' 11a Warecka Str., Warszawa, Poland.

POLCOOP

— The Cooperative Foreign Trade Enterprise sells various goods such as rabbit carcasses, fruit and vegetable products and many others.
'Polcoop' is domiciled at 30 Kopernika Street in Warszawa. Poland.

SPOŁEM

— The Cooperative Enterprise sells abroad products made by consumer cooperatives ; confectionery in the first place.
The Enterprise's address is Warszawa, 17 Kopernika Street. Poland.

ROLIMPEX

— Sugar, sugar beet molasses. Dried chicory roots. Rye and rye germs. Brewing barley. Brewer's Malt. Hops. Rapeseeds, crude rapeseed oil.
Potato Products. Sugar and fodder beet seeds. Grass and fodder plant seeds. Vegetable and flower seeds. Medicinal herbs and spices. Salt.
Foreign Trade Enterprise. Export—Import, Warszawa, Al. Jerozolimskie 44, Poland.

RYBEX

— is the Foreign Trade Enterprise dealing with the export of fish from Poland. 'Rybex' sells both fresh and frozen fish and fish products.
Rybex, Szczecin, Odrowąża Street. Poland.



FOOD *from Poland*

ew of Exports of Agricultural Products and Foodstuffs

N 3–4 (24–25)



OOD

from Poland

Warszawa 1969 No. 3–4 (24–25)

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r picture:

he Pasture" — 1875 — Stanisław Witkiewicz — painting from the ctions of the National Museum of Warsaw

sław Witkiewicz (1851—1915) was both an eminent painter and critic and theoretician. He belonged to the progressive intelligentsia , opposed to the backwardness of the bourgeoisie accustomed to asy and banal art, putting historical and religious art higher than and landscape painting.

ictures were featured by a documental accuracy of presentation, antic atmosphere and preferably blue or gray in colour. These es are also to be found in the picture "On the Pasture"

ewicz as a critic strove for honest art and creative freedom. He shed several artistic monographs and a collection of critical essays ed "Our Art and Criticism". The discovery of the art of Podhale, and ially of Zakopane, at that time a small unknown mountain village, a contribution to his credit. He is the founder of what is called the opane style" in architecture and artistic handicrafts. He made use of sting structure of wooden buildings and he himself endeavoured to pose the mountaineer hut to villa buildings

Polish Food a choice morsel on every table

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
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						1
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28	29	30	31			

We extend to all customers and readers our best wishes for

A HAPPY AND PROSPEROUS NEW YEAR

1970

The Editors of "FOOD from POLAND" and Exporters

ANIMEX • AGROS • HORTEX • POLCOOP • ROLIMPEX • RYBEX • SPOŁEM



Dear Readers,

We are handing over to you the last 1969 twofold issue of "Food from Poland". The Editorial Board did their best to make the information covered by this issue meet all the wishes and suggestions addressed to us by foreign customers. We hope to have succeeded in making a step forward both in the choice of subjects as well as in editing our quarterly. In future, as we have done so far, we shall willingly avail ourselves of the remarks of our readers. We are looking forward to your letters. It seems to us the issue you are receiving now will contribute to tightening the economic relations and trade exchange with Polish foreign trade enterprises on the principle of mutual benefit. We believe that it is worth careful reading. Let the enclosed New Year greetings and a calendar for 1970 be the token of our keeping in touch with our customers and readers.

Editorial Board.





Prospects of Further Development of Food Industry in Poland

od from Poland" asked the
ster of Food Industry and
hase, Mr. Stanisław Gucwa,
ral questions concerning the
elopment of food industry in
nd.



d you tell us what was the state gricultural-food industry in this try in the period 1918—1939?

nd's food industry has a tradition ng standing. As early as before d War I we produced a wide ran- f foodstuffs which were highly eciated not only in this country, lso abroad. And thus already 55 ago we were engaged in the rt of pork ham which, because high quality, was sought after many foreign markets, and pri- y in the U.S.A. Polish bacon was reat demand in Great Britain. our export of eggs and other try products has a 90-year-old tion.

to World War II our food indus- vas rather limited in scope with r, bacon, vodka and spirits, nutri- s and concentrates fact-

Many branches of the industry were developed in private workshops.

It is worthwhile to note that solely tobacco and spirits industries were then state-owned, whereas dairy and — in a large measure — poultry industries were under co-operative administration. Private, Polish and foreign, manufacturs had a considerable share in the food industry. A substantial number of meat and concentrates factories were controlled by the foreign capital.

As far as equipment and technology are concerned, Poland's food industry lagged far behind West European food industries. The rate of development differed in particular branches. In certain branches prolonged slack periods occurred due to export stagnation, which reduced capital and had an adverse effect on the growth

What would you tell us about the achievements of our food industry in People's Poland, i.e. during the past 25-year period?

Over the past 25 years there has been a marked expansion in the sphere of foodstuffs production. The value of production in comparable prices rose 6 times and 3 times compared with the 1950 level. The enterprises subordinated to the Ministry offer around 7,200 assortments. In People's Poland foodstuffs production has been given the rank of a key economic target. The majority of enterprises have been provided with the most up-to-date equipment are no longer inferior in this respect to manufacturers abroad. There has been a fair progress in the concentration within the industry and the employment figure in large works (1,500—2,000 people) has gone up despite the high level of mechanization. Our food industry has at its disposal numerous scientific-research centres which were set up and equipped in the post-war period.

In addition to home market supplies, Poland exports about 1,400 assortments of food products, most of which represent the finest quality and have von a high reputation on the world markets. Polish ham, fruit juices, a variety of meat and fruit preserves, confectionery products, all of them are linked by three common features: good quality, outstanding nutritive value and fine taste



25

YEARS OF WORK IN POMICULTURE



As a director of the Insti-tute of Pomiculture, I have been closely following the growth of fruit produc-tion in the country. After all, the Institute was founded for the purpose of forming a scientific found-ation for pomiculture pro-duction in our country. And, therefore, looking back at the last twenty-five years, I cannot sepa-rate science from produc-tion. I shall endeavour to

n and further improve the quality our products. Special care is taken processing to preserve and even rich the dietetic value and taste of v materials. It is our objective to ng the foodstuffs production in e with customers' wishes and re-irements, while retaining their origi- nutritive value and taste. As a re-t of all the measures taken, the lish food industry is now in a posi-n to fully meet the home market mand for all assortments.

ere has been in Poland a noticeable rease in food consumption compa- with the inter-war period. Our sent daily protein intake exceeds g per capita (50 per cent of the otein being of animal origin), which one of the high protein intake indi-s.

hat are the fucture prospects of e development of the Polish food lustry?

start with, a further acceleration the rate of development is envisa-d. A large proportion of investment eans will be allocated to the moder-ation and reconstruction of existing tories, as well as to the construc-n of new ones in line with the est technological advances. Under w technologies full production ste-

opment of meat, fish, confection-ery, fruit-and-vegetable, brewing-and-malt, grain-and-milling, egg-and-poultry and storage-refrigerating in-dustries.

A lot is going to change in the sphere of packaging, since new techniques and synthetic materials are to be used. Emphasis will be placed on small-size unit packaging. We attach due importance to adequate deliveries of top quality agricultural raw materials for foodstuffs production. With this end in view, we offer free instruction and guidance to our producers, while insisting that the raw materials sup-plied by them should fully conform with our standards.

The state contracting system, which offers many an advantage to the far-mer, has also a very desirable impact on the quality of raw materials deliv-ered to food industry. Under the system, farmers may be sure of a pro-fitable sale of their crops, and the industry of adequate raw materials supplies.

The contracting system provides for a progressing concentration of the production of raw materials, espe-cially with regard to industrial plants and fruit and vegetables for industrial processing. We tend to create condi-tions favouring the specialization of farmers in the production of particular raw materials.



erage yearly production in 1949 amounted to 565,400 in 1956—1958 — 854,500 and in 1966—1968 — 00 tons. We see consid- progress in it. We are now ing and eating almost fruit per inhabitant per The average consumption t in the rich countries of est is 50 per cent higher, ting to somewhat more 0 kg per 1 inhabitant per large share in this is taken otropical fruit, especially s and oranges. The Pole ot eat fewer apples, straw-, plums, pears or sour s than does the average man, German or English- And this, it seems, should sidered as a considerable ement of Polish pomicul-

painful phenomenon in ulture of moderate clima- the alternation of fruiting. sists in that fruiting is very nt in one year and very he next. Apple orchards rticularly marked by alter- Thus we harvested tons of apples in 1960 959 only 180,000 tons, that less than one third of the t. Alternation of fruiting d not only us. The harvest es in the GFR amounted to 00 tons in 1958 and in 1959 51,000 tons, that means rd of the amount.

6, we harvested 794,000 apples, in 1967 — 527,700 d in 1968 — 745,700 tons ears crop will probably be ller than last year. It ap- hat we have mastered the phenomenon of alternation of fruiting. Our orchards bear fruit at present more regularly than do the West German.

This does not come about of its own accord. The achievements of the new pomiculture science and the dissemination of knowledge among producers also contributed. Science selected new varieties, which more frequently bear fruit every year of their own accord than the varieties formerly cultivated.

The four leading varieties, recommended by the Institute of Pomiculture, Mcintosh, Starking, Bankcroft and Jonathan — constitute 80 per cent of the trees produced in the nurseries, whereas they constitued only 5 per cent in the first years after the war. Such varieties as Antonówka, Kosztele, Landsberska, Boiken and Grochówka, marked for bearing fruit every other year, were principally propagated.

Old trees of such varieties as Landsberska and Boiken even bear fruit at present regularly every year in orchards of good producers. A chemical method of thinning radicles was already worked out at the Institute of Pomiculture in 1951—1955. This me thod forces the trees to bear fruit every year which generally bear fruit every other year. Good results are obtained especially in orchards which use methods of fertiliza tion, cultivation and protection of trees against pests and diease that had been worked out by science.

Disease and pests do not cause so much damage on other branches of agriculture as they do in pomiculture. Take the McIntosh, an excellent variety, as an example. It is so sensitive to disease that an orchard, established from them, where protective measures were not made for one year, will not bear fruit at all for two years, This variety is now planted everywhere without fear of having rotten apples because we have worked out for them fully effective measures.

For over a hundred years, pomiculturists in countries of a climate similar to ours, regard hard winters as a scourge which it is difficult to avoid. More or less every ten years we are afflicted with what is called a calamitous winter, a real disaster for fruit trees. Over one half of our fruit trees were frozen out in 1929. The 1940 winter brought the same result. The winter of 1965 was also harsh, but losses due to frost were one half smaller. This would also bear testimony to the fact that the new Polish pomiculture has been built on more durable foundations than the former.

The saying that our children and grandchildren will gather the fruit from the trees that we have planted is a generally known adage. We can even establish the best of orchards, but we have to wait ten years to have it bear fruit to the full. That is the reason that the present level of fruit production does not fully reflect contemporary achievements in pomicultural science. Science exerts its influence on berry fruit much more rapidly than it does on the production of apples or pears. Our strawberries are the best example of this. Poland has been known in the world for some years as the „strawberry power" We have something to be proud of. Thus, the United States takes the first in the world in the world in the production of strawberries — 220,000 tons per year, the second is Poland — almost 150,000 tons. The third — Italy — about 70,000 tons. And not earlier than fifteen years ago, we barely produced 10,000 tons of strawberries a year.

Science considerably contributed to this immense unexpected leap in the production of strawberries. Contrary to Western Europe, we discovered the fact that virus diseases of strawberries in our natural conditions cannot be carried over from sick to sound plants. We introduced varieties that were resistant to viruses, giving up to 15 tons of fruit per hectare on peasant farms, hence not less than potatoes. Pomicultural cooperation contributed by means of the contract purchase system and assurance of sale so that during a few years plantations increased from 3000 to 30,000 hectares.

Fruit is not the most important consumption product. Even the craziest pomiculturist does not dream that he can feed only on fruit. The consumption of fruit, nonetheless, is a measure of the wealth of a society and of the culture of its nutrition. We have done much in this respect, but to attain the optimum indicated above, the following twenty-five years should be sufficient.

Prof. Dr Szczepan Pieniążek

Polish Cold Storage Plants

on the way to a dynamic expansion

Mieczysław Stępiński M.Sc. (Eng.)

Owing to the investment undertaking as regards the building and expansion of cold storage plants, capacity has efficiently been increased to such a level that 11.2 cu m of refrigerating cubature already fell to 1000 inhabitants at the end of 1955.

The new cold storage plants were located on farm territory above all and not in the regions of the principal consumption centres (in 1956—1965 cold storage plants were primarily built in consumption regions).

A further dynamic growth of cold storage plants followed in 1961—1965. Also at this same time, building was begun on a large scale of ground-floor cold storage plants instead of many-storied plants as heretofore. During this time, there were built and put into operation 11 cold storage plants. Owing to this, the refrigerating power and refrigerating capacity also became larger, and amounted by the end of 1965 to 17.6 cu m refrigerating capacity per 1000 inhabitants.

The rate of building cold storage plants did not slow down in 1966—1969, on the contrary, 5 cold storage plants were turned over for use in various regions of the country and several further cold storage plants were being built.

The balance of the 25 years of cold storage plant expansion in the Polish People's Republic is very considerable, for during that time the number of cold storage plants increased 7 times and the refrigerating capacity as much as 13 times as compared with the stage of 1945.

The Polish cold storage plant industry plays a dominant role in industry today not only owing to the storage of food commodity surplus but also owing to such production fields as the production of frozen fruit and vegetables, the production of meat ready-to-eat products and ice cream.

The commodities produced by the refrigeration industry are of high quality and find a great outlet on the internal and foreign markets. Polish frozen vegetables and fruit and the ready-to-eat products are known on the foreign markets for their high quality. The refrigeraring industry will be able to increase the production of these commodities in the future.

The level of the Polish refrigeration industry is high and modern, modern technics, modern technical equipment and modern insulational material being used in cold storage plant building. All this contributed toward placing the Polish refrigeration industry on a high world level.

We can say outright that the Polish refrigeration industry is in the world's first ranks owing to having a refrigeration potential and owing to the highly qualified refrigeration personnel who acquired a great professional theoretical knowledge and experience of many years in the building and operating of cold storage plants.

Vitamins for 12 months

Anatol Kula



Regular eating of fruit and vegetables throughout the year is one of the principles of proper nutrition. Owing to the wealth of vitamins and mineral salts, they by no means play a trifling role in maintaining the health in a fit state.

That is one of the responsibilities of the food industry to process and conserve food in such a way as to ensure the least loss in nutritive components.

The traditional methods of preparing farm produce are more and more frequently abandoned, an endeavour being made to replace them by more modern ones, giving at the same time better final effects. For this reason low temperatures are commonly applied in processing food.

Freezing, restraining vital processes, prolongs the durability of easily spoiling plant and animal raw materials. The superiority of this method consists in small dietetic, and aesthetic losses and losses of taste. As to quality, frozen products are equivalent to fresh fruit or vegetables because the best raw materials are used for their production. One must mention here that products in their natural state frequently before finding themselves on the plate, are transported in such a way that unavoidable losses are caused.

The unimpairable value of using cold temperatures in the conservation of food, has turned a greater attention of the managers to the Polish industry and the export of farm-food products to frozen products known throughout the world.

The high quality of both the fresh and processed fruit dispatched heretofore abroad has obliged ensuring the best production conditions of export

***

Although cold storage already appeared 100 years ago (in USA) production of frozen food on an industrial and world scale is of much shorter duration. At first food storage was set for zero temperatures. The quantity of frozen food commodities became larger with time and with technical-research advancement.

The foundations for refrigeration were laid in Poland in 1930, but large scale industrial refrigeration of food products was not begun until in the fifties.

The first exported quantities of commodities at once won the appreciation of foreign clients. A decided majority of frozen products (especially fruit) is exported at present principally to former and regular customers of the production of our agricultural-food industry.

The majority of frozen products it produced in special departments of the cold storage. And these cold storages just as the specialistic independent refrigerating plants are found in the vicinity of raw material bases. This enables a rapid delivery of the raw material for production. Literally: harvest in the morning processing at noon. The majority of refrigeration plant have their own cultivation bases, located in the most convenient places. The straw-berries, raspberries and currant purchased from experience producers on the contract buying system, are selective – the best varieties for the local conditions. The right kind of soil, fertilization, the microclimate give the characteristic sensory effects. After attaining consumption ripeness, handling the raw material carefully during the transport and preliminary dressing enable obtaining a ready product of the best savoury-aromatic composition, and then during the consumption itself, the right consistency

rincipal part of the tech-
cal process follows grad-
cleaning and washing.
revailing temperature in
erated tunnels is –30.
rozen products are sto-
chambers at a tempera-
of –18 — –22 °C. The
al cardboard and foil pack-
s facilitate transport. Mo-
rries adapted for the pur-
deliver the frozen prod-
at a lowered temperatu-
a railway siding or to the

use of the Polish power
ected with the cultiva-
of the land, the most
rtant product sent abroad
ne strawberries. They are
d of apple of the eye of
n industrialists and mer-
s both on a national sca-
d in individual plants. Mu-
a, Afryka, Faworytka and
s that are aromatic, of
tensive colour and small
have won the unshaken
of consumers.
is way, not only in June
July, you can eat the
strawberry transported
rplane, but one can also
bruary feast on the straw-
from Góra Kalwaria or
nuszew.
ants constitute an impor-
item in Polish produc-
especially the black cur-
100% of which is desig-
d for exportation. One
not try to convince any-
of its merits. Not only doc-
know its value as a vita-

quantity of raspberries,
es and morello cherries,
rted to other countries is
sizable.
increasing demand for
n products, to be observ-
also in the country, di-
ed the efforts of the State
ne expansion of the col-
branch of the food in-
ry. By applying the most
ern structural solutions,
e is a certainty that the
uction of Polish frozen
ucts will considerably in-
se while the quality of the
ucts will at the same time
me higher. A more rapid
zing at a still lower tempe-
re (–40 °C) will further re-
e the losses in the nutritive
ponents, improving their
ity after defrosting.
le counteracting the nega-
consequence of a one-
d nutrition, fruit and vege-
es from Polish gardens and
ards preserved by the cold



Roses



rs in the contempo-
ncreasingly mecha-
and automated
constitute an im-
t element satisfy-
e cultural needs of
Flowers bring to
rroundings an ele-
of tranquility, joy
esthetics. For hun-
of years the rose
among flowers.
circle of its adapts
breeders is conti-
becoming broader.



work of breeding in
nd goes along the
of obtaining varie-
distinguished by a
d colour and smell, a
er shape of the bud
durability, resistance
disease. Roses culti-
d in Polish climatic
ditions are particular-
arked by a greater re-
ance to low tempera-
s.
can recommed to tho-
nterested the varieties
wn cultivation, quali-
for planting in gar-
s and also under
ss.
NTAR — L. Grąb-
wski 1966 r TH, culti-
or. The bud is very
g, developing slowly
flowers. The flower
large, dark blood-red
with a darker shade. The growing bush is strong and straight. Abundant flowering.

MAZOWSZE — L. Grąbczewski 1966 r. TH, cultivator. A big, full flower of a dark pink colour. The inner side of the petals is lighter. The flower is exceptionally durable on a stiff stem. A good quality for cutting in the ground and under glass. Growth very strong. Blooms abundantly. This variety received a diploma of approval in Kortrijk, Belgium, in 1966.

WARSZAWA — L. Grąbczewski TH — cultivator. Two-coloured variety. The inner side of the petal is of a vivid orange-red colour, the external— a golden yellow. The leaf is leatherlike, of medium size, dark green, shiny. Blooms abundantly. The variety is very good for flower beds.

CAMPING — L. Grąbczewski 1966, cultivator. Polyantha. A small flower of dark pink-heather colour with a light spot. The leaves are small, olive green. Resistant to disease. Distinguished by its resistance to frost. Good for flower beds. Blooms abundantly. Distinguished by a silver medal at the international competition of novelties in Kortrijk (1966).

MIESZKO — L. Grąbczewski, cultivator 1966. Karłowa Polyantha. Light pink flower, small, in large sprays. Small, light green leaves. Height 30—35 cm. A very pleasant and effective variety. Blooms abundantly, excellent for flower beds. Suitable for cultivation in flower pots.

KUTNO — B. Wituszynski, cultivator 1965. Polyantha. Full pink-heather flowers. A selection of the Margo Koster variety. Looks to advantage in autumn. Grows to a height of 25 cm.

CNOS — The Seed-Nursery Station of Bronisze Th. cultivator. A selection of the Bettina variety. A golden yellow colour with a bronze shade. Strong growth. The bud unfolds slowly. A flower with a subtle fragrance. A variety resistant to fungus diseases.

Besides the Polish varieties, we have available for export foreign varieties, which have many uses.

The quality of the roses we offer conforms to the standards generally adopted on the world market. Polish rose bushes were not found on European markets until in 1965. But the leap in export from 100%, taking 1965 into consideration to 300% in 1968 indicates the top quality of Polish goods.

Sweden and Yogoslavia are at present buyers of roses from Poland.

Terms of delivery

Quality of the bushes conforms to the standards generally adopted on the world market, that is that they have at least three shoots, arising from the bottom, of a length : 40—50 cm. when there are many flowers, and 30—40 cm for polyanthas. The sale of roses generally takes place in the months of May — July. Delivery follows in the autumn or in spring of the following year.

Dates of delivery —
— from 25th March in spring
— from October until frost sets in.

Supervision

Before being dispatched, the goods are examined by specialists from the Protection and Quarantine of Plants and are provided with a health certificate. The rose bushes are properly ensured during transportation against unfavourable atmospheric conditions.

The buyer has the right to carry out a check-up before loading, of the quality of the bushes provided for in the contract or order. Irrespective of the presence of the delegate of the buyer, the quality control is carried out by the inspector of the Central Standardization Inspectorate, the control protocol being in force for both parties.

Detailed information on the terms of sale, delivery and prospectuses are sent on request.

The exporter of rose bushes from Poland is

"ROLIMPEX"
Foreign Trade Enterprise

Tel. 26-20-11

Telegr. Rolimpex — Warszawa

Telex. rolimpex wa 81-4341

POLISH FOOD IN MANY COUNTRIES

A CHOICE MORSEL

PEK · YANO · KRAKUS · ATALANTA

coloured and aesthetic trade-
ks, which can be seen on
labels of Polish food sold
oad are well known through-
the world. The excellent
lity and savour of Polish food
properly appreciated by the
ady traditional foreign cus-
ers of a dozen odd coun-
s and win, now and again,
markets. The foreign trade
erprises: Agros, Animex, Hor-
Polcoop, Rolimpex, Rybex
Spolem are handling the ex-
of food.

ecificty of farm production, both animal and plant
ng, the modernity of storage and processing, those
reasons that Poland is in an increasing degree
ing an exporter of agricultural-food commodities
quality and high degree of improvement.

breeders have formed in the country convenient
ons for a rapid growth of hog breeding. The expe-
of many years in this respect, the establishment
e modern farms besides the small individual ani-
usbandry, feeding the animals with fodder based
ural components, and conducting animal husband-
atural conditions contributed to this. An immense
of hog heads has therefore followed during
t twenty-five years, while several excellent own
s were successfully bred such as the "Polish
race.

g comes to the customer abroad in various forms.
of bacons is the largest — over 50 thousand tons
r. The West European countries are their principal
. Hams are delivered to 21 countries. Twenty-five
nd tons of ham are sold during the year abroad.
pork-butcher meat products, especially thin dried
usages kabanosy) smoked cured tenderloins and
viankowa" and „dębowiecka" varieties of cured
oins are considered to be the best in the world.
nual export of pork-butcher meat products reached
ons. Their quality is manifested in the fact that
pork-butcher meat products are counterfeited in
countries. The joint value of pork meat and pork-
meat products exported amounts to about 125
dollars annually

is one of the most experienced countries as re-
tinned meat. This important processing has been
ped on a large scale over 50 years whereas it was
veloped in the USA until during the Second World
here is an experienced group of experts in the
In Bydgoszcz for instance three generations
family are working in the processing
ation passing down from father to son. There are
such families. Moreover some of the
s working in the plant for

AGROS

POLSKA ANIMEX WARSZAWA

S C O HORTEX WARSZAWA

CRS POLCOOP

Spolem

ROLIMPEX

been several own technological recipes worked out in the country owing to such good experts. The processing industry was modernized and updated in Poland during the period after the world war. Several new plants were built. The plant in Białystok, for instance, was equipped with Swedish precision apparatus. The plant in Wrocław received modern production buildings. Hygienic conditions were created in all enterprises of this type that were simply ideal. The scrupulous supervision inside and of the representatives of foreign firms buying in Poland, the modern methods of production and the use of various additives — being after all a trade secret — ensure Polish meat preserves a top quality and excellent savour. Poland exports meat preserves to 20 foreign markets. There are 30 thousand tons of meat preserves exported every year.

GEESE AND DUCKS

The Polish goose on foreign tables is regarded as being a tiptop dainty. The traditional customers of geese and ducks are the German Federal Republic and West Berlin, who buy 7 thousand tons of geese per year. Ducks, on the other hand, are exported to Austria and France. The annual export reaches the limit of 3 thousand tons. Poland earns jointly 12 million dollars a year from the sale of poultry. Geese and ducks bred in Poland, are considered to be bigger and to taste better than poultry from other countries.

EGGS

Poland exports 400 million eggs a year to 10 countries, among others to Italy, Sweden, Austria, the Soviet Union and Great Britain. 7,5 million dollars yearly come into the state treasury on this account. Eggs, destined for export, are obtained by purchase from individual farmers whose chickens are bred in a natural way. Owing to this, the durability of the eggs is better, the colour of the yolk stronger and the taste is natural. Producers of Italian macaroni strive after Polish eggs which bears testimony to their quality.

BUTTER

The delivery of Polish butter to the English markets, begun in 1928, and is continued to this day. As regards taste, Polish butter competes successfully on the British market with other exporters from New Zealand, Denmark, Austria and Ireland. During the forty years it has won among English consumers the name of the best butter which is confirmed by the labels with which London merchants advertise it: „the best butter". Polish butter is principally bought by England and Italy. The sale of this commodity last year brought 12.5 million dollars.

CHEESE

Besides butter, certain varieties of cheese also won renown abroad during recent years: Tilsit, Gouda, cheddar and Mazurski. The „Cheddar" cheese also won the English market even though it is produced in Poland on the basis of British technology and by means of British machines. Polish cheeses to the value of over 1 million dollars per year find their way to 12 countries, including USA, England, Egypt, Holland, Sweden and Singapore.

READY-TO-EAT DISHES

Ready-to-eat dishes constitute a lower entry. Among items sold are Polish bigos (hashed sausage, pork and beef stewed in sauerkraut), sauerkraut and sausage, minced meat balls, stuffed cabbage, soup concentrates etc. About 2 thousand tons of ready-to-eat dishes find their

HORTEX

RYBEX

IEX, Foreign Trade Enterprise, is the exporter of commodities, whereas „Polcoop" handles special ncies such as snails, frogs and rabbits. Export of ts grew fifteen times during recent years, from 300 tons in 1960 to 5 thousand tons the ous year. The rabbit carcasses sold are highly eciated as dietetic meat. They are bought by England, ce, Switzerland, Italy, the GFR, Belgium, Holland USA.

der to expand this export, Poland introduces rabbit for breeding marked for their rapid increment in ht and rapid natural growth, hences the races: White nd, White French, etc races. The meat of Polish ts has been found to have more nutritive values — in and mineral salts — than veal and pork.

T AND VEGETABLES

export list, covering over 50 countries, contains items, including fruit and vegetable juices, concen-s, compotes, semiproducts for the production of jams marmelades and fresh fruit. The Polish fruit concen-s sent abroad contain 32% sugar, processed at edium temperature but under high pressure, owing hich they retain their nutritive properties, flavour and a. Black currant concentrates, for instance, contain vitamins than lemon. Apple, morello cherry, black red currant, raspberry and strawberry concentrates xported. The joint export amounts to about 2 thou- tons a year. Polish concentrates are bought by ce, Finland, Sweden and GFR. Concentrate produ- are now working on their further concentration 60° Bryx at present to 75°. This will enable trans- of concentrates even to distant countries. Export of and vegetable preserves surpassed the value of llion dollars in 1968 .The preserves principally sold ad are: preserved cucumbers, baby beets, mixed tables for salads. About 8 thousand tons of compo- of various fruit are exported yearly. Poland sends housand tons of frozen fruit abroad yearly. Countries almost all of Europe, USA, Canada, Australia and zuela buy them. Polish horticulturists have had success with the growing of apples. Polish apples Starking", „Meliton" and „Jonathan" varieties are popular on the English, Swedish, Icelandic, Spa- GFR and other foreign markets. Fresh strawberries, berries, currants and sour cherries are also exported ddition to fresh apples. The value of this export ned 3 million dollars during the year.

• • •

sh food is also praised by sportsmen coming to Po- for international matches or training camps. The et of this interest in Polish food products and Polish en was divulged by the sport physician, under whose are the record-seeking sportsmen — Dr. Zdzisław Za-kowski „The foundation for the nutrition of a record-ing sportsman" he asserts — is lean protein, vege-s and fruit-and-vegetable juices. All these condi- are met by Polish food. The value of Polish ham, nstance, lies in its high caloricity while the fat con- is low, hence the competitor does not get fat, but s on strength. The same concerns poultry. The Po- chicken is really a natural chicken that is why it is lue both as regards nourishment and taste. I presume besides the talent of a sportsman, the efforts of his h, food also takes a large part in the successes of sh sports. After all, Polish sportsmen are in the first best of the world. And the best testimony of the ity of the Polish victuals and the Polish kitchen in ral is the fact that Polish chefs were invited to ico where they conducted the kitchen for 1800 smen and active workers during the Olympic games. e further notices that Polish products such as ham,

POLSKA ANIMEX WARSZAWA

The Foreign Trade Enterprise "Animex" exports commodities and products of animal derivation.
The commodity tender of "Animex" is as follows:

Meat and meat products
Bacon, the traditional export of which reaches back 60 years. It is exported in halves or cut up into pieces. Each of the elements such as gammon, skinless, back sweet-cured, boneless middles etc are cut from halves of bacon.

Meat preserves
Ham, packed in 1 to 21 lb tins of various forms such as oblong, pullman, mandolin, family.

Pork, beef, veal preserves
These preserves include about 30 varieties in various packaging and various weights (minimum 340 grams). The preserves are prepared according to recipes adapted to the demand of the foreign market and likings of the consumer.

Pork-butcher meat products
Port-butcher meat products are exported as fresh and dried in diverse varieties, hence:
Ham, corded in a bladder,
Boiled ham in a bladder
Thin dried pork sausage (kabanosy)
Smoked tenderloin — "sopovka" and "Salmon"
Various kinds of sausage:
Krakovian
Ringed
Hunting
Liver sausage and others
Veal with French mushrooms
Tripe à la Polonaise
Beef Goulash
Stuffed cabbage in Tomato Sauce
Meat balls in tomato or ohter sauce

Soups
The tender includes soup concentrates of many kinds as bean, pea, tomato, vegetable, white sour soup and others.

Eggs, poultry and feathers
"Animex" offers:
fresh eggs in shells and egg products, frozen egg mass, egg powder from whole eggs and separated (whites, yolks), frozen or powdered.
The list of poultry varieties includes:
Poultry, drawn frozen or cooled, primarily
geese, ducks, turkeys.
Frozen or cooled poultry is packed in polyethylene bags of "syrvae" type, tightsealed by the vacuum method. Parts of poultry — breasts and thighs — are also sold.

Poultry conserves
Tenders are for:
Whole chicken in broth, of 1450 grams weight,
Half a chicken in natural jelly, of 500 grams weight,
Geese fillets,
Goose liver paté

Feathers and down
"Animex" exports bedding feathers with a large content of down. Feathers are sold in a white, semiwhite and gray colour of A and B standard.
Feathers are packed in bags of 25 or 50 kg weight net. Ornamental turkey feathers, coloured or dyed of diverse shapes and sizes are also offered. Industrial feathers in packages of 10 and 20 kg. net.

Dairy products
Includes: fresh unsalted and salted butter in beech barrels of 50.8 kg weight, in blocks, packed in cartons of 25.4 kg weight. Butter formed in retail cakes of a weight of 8 oz and 250 grams packed in wax paper and aluminum foil are also sold.
Full milk powdered by the pulverizing method in bags of 25 kg and in tins of a weight of 2 kg.
Hard cheese of various kinds such as: Gouda, Tylżycki, Edam, Cheddar, Mazurski, in blocks or cylinders.
Cheese from ewe's milk of 45 % fat content.
It is packed in beech tubs of 5 kg weight net.
Casein of grain size 30, 60, 80/100° Mesh.

Pedigree animals and game
The tender includes:
Pedigree milk cattle, hogs, sheep, pedigree horses
draft, slaughter and horse meat.
Live game: hares, partridges, pl... ...s, deer




JELLIED
VEAL
PEK
CALF
TONGUES
COOKED BONELESS
HAM
WITH JELLY
PORK
LUNCH

ANIMEX


FROZEN
EGG WHITE





POLSKA
ANIMEX
WARSZAWA



SIX FUNDAMENTAL FACTORS

is only right to answer the question "What does the high level and teady development of the Polish export of ham, meat products, meat reserves depend on" by replying that actually there are six fundamenl factors on which this depends. These are :

) A good and steadily expanding base supplying excellent raw material.

) The tradition of many years and experiences in processing.

) The steady expansion and modernization of the technical base of the industry.

) The basing of industry on the expansion of techniques and science enabling continual improvement of production methods and raising the quality of the products.

) Skill in adapting production methods to the likes and dislikes of consumers.

) Efficient organization of industry and scientific organization of the supervision of production.

'ou will find a number of interesting pieces of information concerning ach of the items mentioned above in individual articles concerning neat products, printed in the present issue.

WE PRESENT

The youngest, but one of the largest plants of the Polish meat industry is the production combine operating in the Warsaw Żerań.

Designed and equipped in conformity to the most modern technical solutions, it has become a member of the Club of Polish Exporters of the agricultural-food industry. Located near a material base, which can supply the right kind of cattle and hogs, the plant quickly gets good raw material. With the help of the zootechnical services, the plant exerts an influence on the quality of the live slaughter animals from the northeastern regions of the Voiv. of Warsaw. The young heads, designated for slaughter, are characterized by good musculature, developed, well-shaped pork loins. Nourished in a natural way and derived from pedigree parents, they are in better form than others. Consequently all of these functions exert an advantageous influence on the specificity of the savour, smell and consistency of the meat. The organoleptic values of hams, coming from the plants, result just from the specific breeding conditions. Strict medical and sanitary supervision enable the elimination of worse and weak heads.

Uniting modern technology with breeding tradition in the plant, a high standard of efficiency has been introduced. Among others automatic sprinkling of boneless hams with brine is used, the duration of pickling has been reduced threefold, while maintaining the hitherto existing quality discriminants. Better economic results were thereby attained and, at the same time, there was a uniform strength of the pickling mixture throughout the entire ham

gave it a better taste.
emoval of the bone before
ng increased production
bilities and the right com-
on of brine ensures com-
ess, juiciness and colour of
m.

lants in Żerań are in close
ct with the Department of
ultural-Food Technology
Warsaw Agricultural Uni-
. The scientific section of
lant cooperates with the
of Meat Technology of this
tment, and the head of this
Assist. Prof. Dr. Stanisław
ewski, is a consultant and
ific adviser of the plant.
sting diploma theses re-
from this cooperation, doc-
legrees are being prepared
e young engineers remain
fter the period of practice,
engaged for more impor-
positions.

Anatol

The Foreign Trade Enterprise "AGROS" offers commodities produced by the fruit-vegetable industry, the alcoholic and beer industry, the confectionery industry, the tobacco industry and forest fruit and forest vegetation products. The "AGROS" export list contains:

fruit products

jams, jams with a low sugar content, sweet juices, thick juices, juice beverages, tomato juice, nectars, creamogens, musts, fruit pulps, pasteurized fruit, jellies and fruit butters.

vegetable products

conserved cucumbers, French beans, conserved peas, asparagus, gherkins, beets in vinegar, mixed vegetables, vegetable juices, sorrel, spinach, tomato juice, conserved potatoes, mead and fruit wines, dried vegetables.

vodkas and liqueurs

Vodkas and liqueurs are exported in a wide assortment of about 30 varieties in diverse glass, cut-glass and stoneware packaging.

We recommend: Vodka Vyborova, Żubrówka (vodka flavoured with the sweet-scented grass — Hierchloe), Chrery Brandy, Śtarka, Krokus, Extra, Żytnia (Rye Vodka), Soplica, Jarzębiak (Rowanberry vodka and further varieties of these products.

We suggest the liqueurs: Krupnik, Advocat, Goldwasser and others.

We recommend the beers: Żywiec Full Beer, Light Żywiec Porter, Okocim, Gdańsk, Szczecin, Wrocław, Tysk beer and others.

Confectionery products

"AGROS" offers candies, pastry, chocolate and eastern sweetmeats "sezamki" and "wiewiórki", "krówki" (soft caramels), lollipops and halvah.

Fresh and frozen forest products

Fresh blueberrries in bast baskets, mushrooms, salted mushrooms, dried marinated and sterilized mushrooms, aromatic mushrooms, mushroom meals and extracts, products, from forest fruit: jams, juices, musts, compotes, dried forest fruit.

Frozen fruit

"AGROS" exports frozen fruit such as strawberries, morello cherries, black and coloured currants.

Frozen vegetables


IMPORTED
Polonez
WÓDKA
WYBOROWA
40°

ve

ggestions...

Drink Vodka Wyborowa, st as other Polish aromatic niskies, always well chil- d.

If you are preparing a cktail, use a good deal crushed ice and shake e mixture thoroughly and ell.

Never use the same ice ice.

If you are serving chilled verages, first chill the asses or fill them for a nile with ice.

All cocktails taste best nen they are drunk imme- ately after being prepared.

Choose the best

Żubrówka
Bison Brand—Vodka

the famous slightly flavoured vodka with a blade of holy grass in every bottle.

Cherry—Vermouth

the "ready to serve" perfect dry aperitif with fruity taste and superb flavour.

The unique original diamond clear Polish "Vodka Wyborowa" acclaimed by connoisseurs as the finest vodka ever put into glass. 100 per cent grain spirit

Wiśniówka—
—Cherry Cordial

the delicious fruit cordial made from selected dark cherries.

Old Krupnik
Polish Honey Liqueur

exquisite sweet liqueur from honey spices and aromatic herbs as well as many other matchless alcocholic beverages.

AGROS

Best Food from Poland

ble exporters
arszawa, Poland
commend to you

olish Fine Liquors known over the world for highest uality produced according

For every taste

Finest straight and flavoured vodkas

Best dry cordials and aperitifs

Delicious fruit cordials

Superb fruit and herb liguers

In every country and climate

from cold Scandinavia to hot Italy

in Canada and USA, South America, Africa

and Australia everybody enjoys Polish liqueurs

"AGROS"



The high quality of these products and the aesthetic wrapping has found appreciation and was distinguished in a number of world competitions at which gold and silver medals and diplomas were awarded.

Note that the fruit and vegetable products have been processed without the use of chemical agents and that only beet sugar is used for the fruit products.



meat is delicate, fine-fibred, has a small fat content and a large protein content. The small content of intermuscular connective tissue and the not high percentage of fat make the meat tender, especially after technical processing. The composition of the food of game animals, consisting of natural forest fodder of a specific intensive smell and high content of mineral salts gives the game meat a particularly appetizing taste and savour pleasant to the palate. Because of the characteristic features mentioned here, game meat has different organoleptic features than meat of household animals and is a valuable raw material in the production of tinned goods. It is therefore no wonder that gourmands inquire after game meat preserves, the more so that there generally is little of this raw material on the market. Owing to the considerable forest resources and the carefully conducted breeding and protection of forest game animals, Poland has a sufficiently available base of this raw delicacy sought on the world markets. Production of game meat preserves indludes the meat of deer, boar, stag, hare and partidge. We wish to present our Readers in this information with certain assortments of preserves which are exported by the Foreign Trade Enterprise "Animex".

This assortment group of preserves of ready made dishes consists of fillets and roasts produced from uncontractile meat derived from haunches, tenderloins or saddles. Meat of these preserves is in the form of large pieces duly formed in a ripper. Preserves of this group are produced in tins of a net content of 420 and 200 grams.

ROE-DEER FILLETS WITH MUSHROOMS

This preserve consists of flat meat fillets, pieces of Boletus mushrooms and a very savoury mushroom sauce. The meat in this preserve is very tender and delicate of a taste characteristic for this species of game.

VENISON FILLETS WITH CHANTERELLE

The preserve consists of flat meat fillets, Chanterelle mushroom and sauce with tomato conce ntrate.
The Chanterelle mushroom is very savoury and harmonizes excellently with game meat.
The taste and flavour of venison, Chanterelle mushroom and vegetable sauce places this preserve in the order of preserves most in demand.

BOAR ROAST IN JUNIPER SAUCE

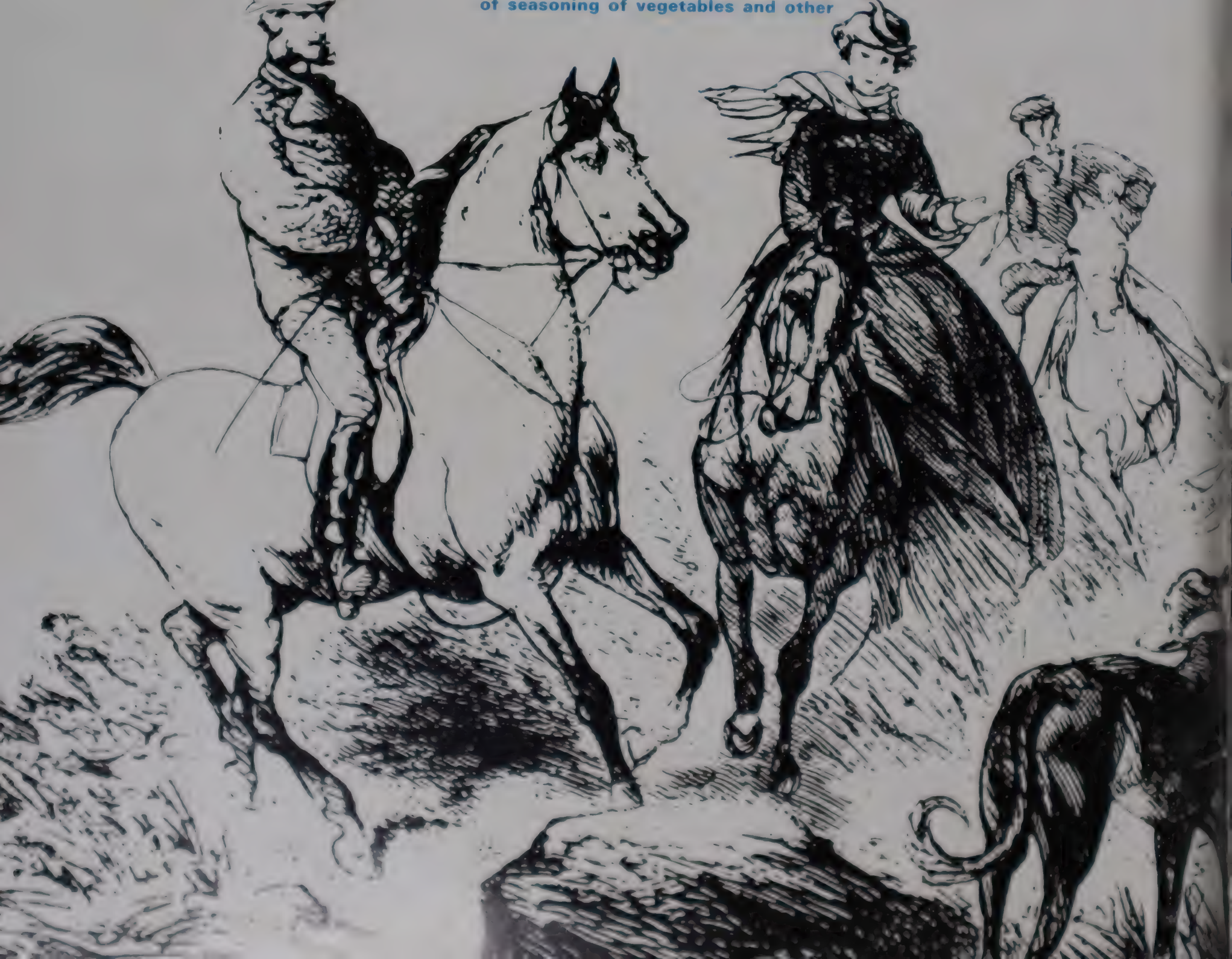
The boar meat used for the production of this preserve is submitted during the technological process to what is called pickling. This consists in keeping the meat in a pickling sauce made of seasoning of vegetables and other specific savoury characteristics after being pickled and its dressing becomes easier. Owing to the pickling of the meat and added seasonings, the preserve has a delicate acidity, which defines the distinction of this preserve.

HARE SADDLE IN A SAUCE À LA CHASSE

This preserve consists of a saddle with a bone, properly dressed and of a piquant sauce with an addition of dry red wine and mushrooms. Dressing of the saddle includes the removal of the membranes and fascia, shaping it, rubbing it with seasonings and greasing. All spice and juniper are components of thes auce in addition to the dry red wine and sliced mushrooms.
An additive of dry red wine enhances the organoleptic features of the sauce and of the preserve.
Owing to its very delicate meat and savour, the saddle of hare belongs to the finest and most willingly consumed game dishes. The preserve is produced in tins of a content of a net weight of 860 grams.

LEG OF HARE IN A SAUCE À LA CHASSE

The components of this preserve are meat without bones from the legs of hares, in the form of two or three pie-



l a sauce analagous to that which e for saddle of hare, that is a la chasse. The preserve is pro- in tins of a content of 420 0 grams net.

ASHES

hes are produced from meat of gnificant content of connective from roe-deer and deer.
ex" offers the two following es of Goulashes :

ASH FROM ROE-DEER WITH TERELLE

ASH FROM DEER WITH TERELLE

goulashes are produced accord- indetical recipes. The compo- of the preserve are roe-deer or eat. Chanterelle mushrooms and ant sauce à la Hongroise.
rly and well selected raw mate- ve these goulashes a piquant sa- nd a flavour similar to the à la e preserves. Goulashpreserves oduced in tins of a content of 20 and 200 grams net.

TED PARTRIDGE WITH FRENCH ROOMS

preserve consists of a whole carcass of a drawn partridge, ut head or legs with an addition nch mushrooms and seasoning. g the technological production ss, the carcasses of the partrid- e rubbed with a mixture of sea- g, principally juniper. After such paration ,the carcasses are fried ter.
avity of the partridge carcass is with fried mushrooms. The pre- serve is composed mainly of a whole partridge carcass, which has exeptionally highly valued organoleptic features of meat.
The proserve is produced in tins of a content of 415 grams net.

PATÉ DE FOIE FROM GAME

The last of the products, made from game, is paté de foie. It is made of contractile and slightly contractile meat. The organoleptic features of game meat are distincly noticeable in the taste and flavour.

THE KING OF PATÉS DE FOIE

We call the paté de foie from hare that. This paté de foie is made of boiled hare meat, liver, fat and seasonings.

PATÉ DE FOIE FROM BOAR

The paté de foie is made from boar and deer meat, liver and fat.

PATÉ DE FOIE À LA CHASSE FROM GAME

The ingredients of this paté de foie are: deer meat, roe-deer meat, liver, fat and brains.
The paté de foie is produced in tins of 82 and 200 grams

The following preserves are also among the products offered by "Animex" :
Roasted Partridge in Cream Sauce, Saddle of Hare in Cream Sauce, Leg of Hare with Chanterelle.

The exporter is ready to comply with suggestions of his foreign buyers.

BEFORE THE CONSERVE REACHES THE CONSUMER

Before the raw material is turned over to production, it is examined at various stages by the medical-veterinary service.

Thus, game in the skin is examined by the official medical -veterinary service. Then this same medical service examines the meat w hile it is being cut up and during the entire process of preserving.

Moreover, the production of preserves from game meat is under interoperational supervision of the quality of raw materials and semi-products, which is carried out by highly qualified professionals. The quality of game preserves produced is examined by organoleptic methods and physico-chemical laboratories. Finally before being dispatched for exportation, the quality of the commodities is evaluated by specialists from the Polish Quality Inspection Office.

This network of thorough control is a guarantee that the product which reaches the table of the consumer conforms to every sanitary and gustatory condition.

Please address matters concerning the purchase of game meat preserves to :

"ANIMEX"

Foreign Trade Enterprise

Poland — Warsaw
Pulawska Street 14

"Animex" answers all inquiries quickly and comprehensively.

The Gourmand









ANNED MEAT AND READY-

KPORTED BY POLCOOP

meat preserves and ready-to-eat dishes of cooperative uction are known in many European and overseas tries and the circle of their adepts is continuing to nd. POLCOOP Foreign Trade Enterprise of the Cent- Agricultural Union of "Samopomoc Chłopska" Co- atives, the largest cooperative organization in Poland, eir exporters.

meat preserves and ready-to-eat dishes exported by oop are produced in well equipped cooperative pro- ng plants. These canning plants, distributed in us regions of the country, produce meat products d on the best recipes of traditional Polish dishes of idual regions of the country. The meat used for pro- on is of top quality and is derived from absolutely hy heads, examined by a veterinary surgeon before slaughtered. The solicitude for fully hygienic condi- also covers the entire production process. All the ations take place in absolutely hygienic conditions. personnel is also subjects to [illegible] medical

the first time right after slaughter and then just before being sent to production.

The quality is also checked. The last time it is inspected just before the merchandise is dispatched by the Polish Quality Inspection Office — the Official Supervisory Body. Hence, the preserves and meat dishes offered by Polcoop are absolutely wholesome and very tasteful and present a fairly wide assortment.

Polcoop offers the following sterilized preserves and ready-to-eat dishes:

— frankfurters in tins of 400 grams.
— pork knuckle in tins of 425 grams,
— poultry paté in tins of 85 and 195 grams,
— meat paté in tins of 320 grams,
— beef and pork meat breakfast preserve in tins of 360 grams,
— "Podhale" preserve of pork meat with an admixture of lamb in tins of 485 grams,
— Pork and beans in 500 gram jars,
— Mutton ragout in 390 gram tins.



O-EAT DISHES

ork goulash in tins of 300 grams,
eef goulash in tins of 300 grams,
ipe in jars of 500 grams,
utton in own sauce — tins of 300 grams,
eef in own sauce — tins of 400 grams,
eef and beans — tins of 400 grams,
eef and peas — tins of 400 grams,
eef and vegetables — tins of 400 grams.
rt packaging — cartons of 24 pieces, tins or jars.
preserves and sterilized dishes can find a wide use diversify every menu. A good housekeeper should ys have them in her pantry. Such preserves as, for ple, frankfurters, poultry or meat paté, pork knuckle, fast preserve or the "Podhale" preserve will always itute an attractive lunch or supper.
y-to-eat dishes can be prepared hot for all meals. It e eaten with bread, potatoes, French fry, toast, ma- i, and with various vegetables.

POLCOOP THE EXPORTER OF HORSE MEAT

Polcoop, a known exporter of farm and food products, is also an exporter of fresh and frozen horse meat. The commodity offered by Polcoop is a reliable product of good quality. Here are some data on the quality and manner of preparing meat for export.

FRESH HORSE MEAT

It is exported in quarters and comes from horses, whose weight exceeded 200 kg after slaughter.

The meat is divided into:

— compensated quarters, cut to the wishes of the client with or without cervical and kidney suet.

— rumps called "Pistole" and normal shoulders.

The meat is chilled to a temperature of 6—10 °C. Delivered loose, by refrigerator lorry, throughout the year. Minimum delivery 10 tons.

FROZEN MEAT

exported in quarters or as a boneless product.

Horse pluck products are also exported.

FROZEN MEAT IN QUARTERS

These are compensated quarters with or without cervical and kidney suet. The commodity can be wrapped in gauze at the request of the client. Weight of one quarter minimum 45 kg. Delivery by refrigerating motor lorries in the 1st and 2nd quarter. The minimum delivery 10 tons.

Frozen Boneless Meat is exported in the form of a tenderloin, loin, shoulder or ham. Prepared and cut in conformity with the client's request.

Packaged in cartons. Each piece of meat is wrapped in polyethylene foil. Weight of carton — 25 kg;

(b) pork-butcher meat products — cut up into blocks B 2 and B 3. Packaging — cartons lined with polyethylene foil. Delivery — the entire year by refrigerating freight cars. The minimum delivery — 10 tons.

Frozen Horse Pluck Products such are livers, hearts, tongues, lungs, exported in cartons lined with polyethylene foil. Each item is wrapped separately in plastic foil. Delivered throughout the year.

We request that all inquiries and offers on horse meat products be directed to:

POLCOOP — WARSZAWA
KOPERNIKA 30 — Poland
Telex Polcoop Wa 81-4451
Telephone 26-10-81, 27-18-20

"RYBEX" exports goods produced by the Fisheries Central Board. This enterprise is the sole Polish exporter and importer of fish and fish products. The list of fish offered by "Rybex" contains the following items: round sea fish, frozen in blocks, without heads or entrails, cod and redfish fillets. These products are prepared according to American and Polish standards.

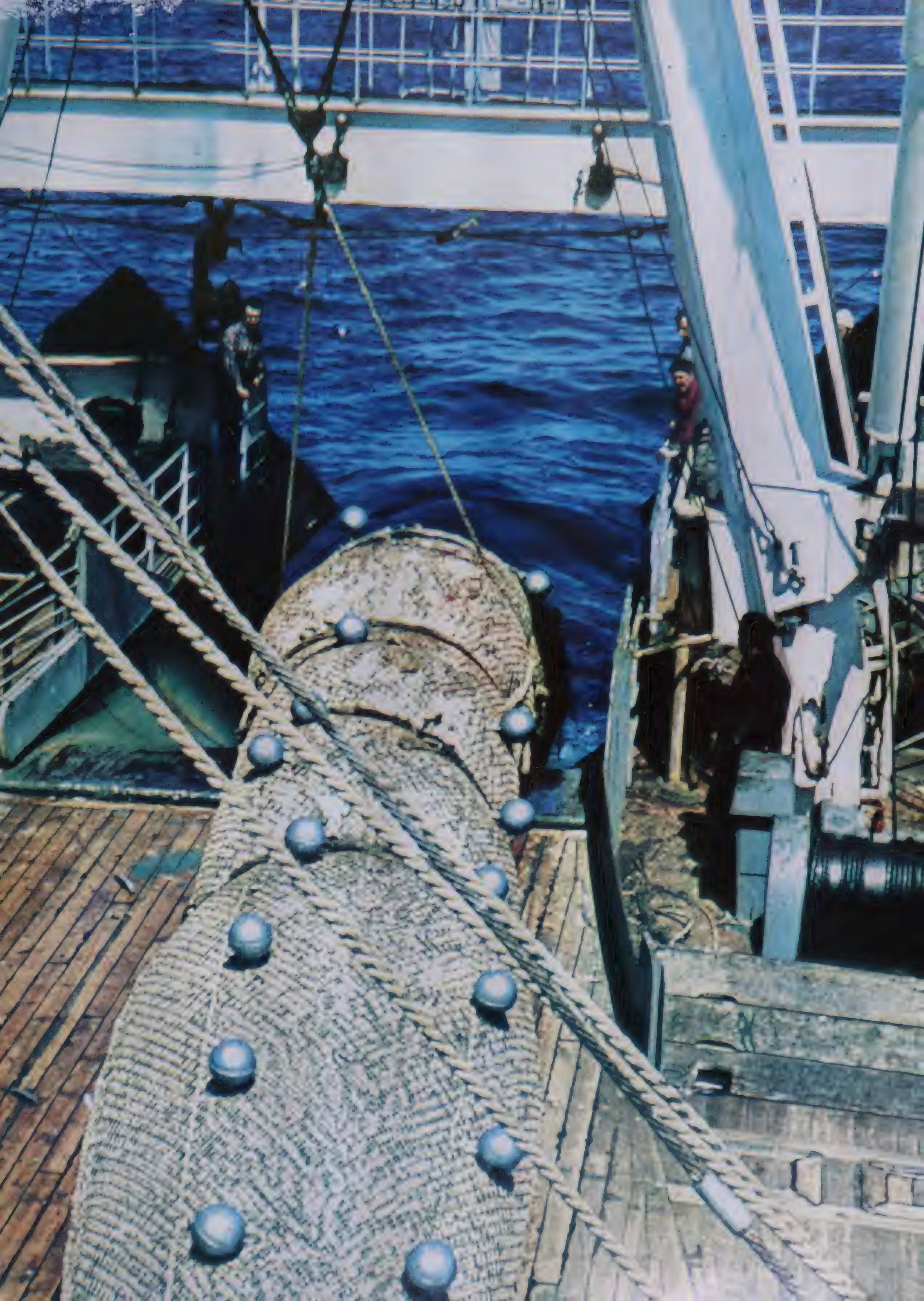
Besides the export of an entire gamut assortments of seafish, the production base is becoming larger and in this connection export is expanding of fresh water fish of which the carp is most in demand. Besides this, the list of fish offered by "Rybex" includes such fish as eel, tench, salmon, bream, perch pike and roach. Fresh water fish are delivered to customers alive, fresh on ice or frozen. They are delivered by appropriate modern transportation means, guaranteeing proper protection for the quality of the commodity and prompt delivery. "Rybex" also exports crayfish.

The crayfish are known for their exceptionally delicate and tasteful meat. They are found in three varieties here: refined, mud and striped.

Canned fish are another export item greatly in demand by the foreign client. The deliveries of sea and fresh water fish increasing with each year provide the possibilities for meeting more fully the demands of the contracting parties for canned fish and semiready dishes. "Rybex" has to offer the following new products: fish sausages, — dumplings with fishmeat stuffing — fish balls — fish-stuffed cabbage — collared herring — seasoned herring.

The expansion of the Polish fleet, known throughout the world, and its high industrialization enabled to introduce what is called "sale from the ship's side". Commercial circles of countries with a high living standard and especially of high requirements became interested in this form of export. For, the commodity gets to the customer in an exceptionally fresh state. This form of export is highly appreciated by the wide circles of contracting parties. We request all interested parties to direct inquiries to

"RYBEX" Foreign Trade Office Szczecin, Odrowąża St. 1 Poland





HORTEX — DEEP — FROZEN FRUITS AND VEGETABLES

Hortex — is a specialized Company for Foreign Trade of the Union of Horticultural Cooperatives, an organization that unites several thousand fruit and vegetable producers in Poland.
Besides controlling the cultivation and purchase of fruit and vegetables from the producers, this organization also has over 100 processing plants distributed throughout all of Poland and located in the centre of local bases of the cultivation of fruit and vegetables.

Such a large number of processing plants might seem to be an anachronism in the days of vast concentration and gigantic factories. One must not forget, however, that these factories process a specific raw material, as a rule very delicate and sensitive to transportation.

In order to guarantee top quality of the raw material, not only are its natural properties important, which is the concern of the planter and of our specialist service, but also in what degree of "fatigue" this raw material arrives at the factory. In order to avoid repeated trans-shipments and superfluous transportation of the raw material, hence an excessively long period of time elapsing between harvesting the fruit and vegetables and their processing in the factory, such a location is the best for the exporter and the customer. Our factories processing fruit and vegetables are located as near possible to the place of their production. As experience of many years has shown, this is guaranteed by having available top quality products, surpassing the same product from large factories which, however, cannot be provided with such raw material in its clossest neighborhood.

The conception of processing fruit and vegetables as we have adopted and carried into effect naturally has a bearing on the profile of the production of our factories, hence also on the assortment of fruit and vegetable products "Hortex" has to offer.

At present, "Hortex" exports the following of the group of fruit and vegetable conserves, packed in jars or tins :

— Fruit in thick syrup such as strawberries, raspberries, huckleberries, Morello cherries, sweet cherries, gooseberries, plums, greengages, pears, blackberries, packed — as depending on the natural properties of the fruit — into glass jars or tins

— Pasteurized fruit, constituting a top quality semiraw material for various branches of the food industry, hence : strawberries, raspberries, hucklebe-r berries and blackberries, packed in 3-kg tins.

— Fruit juice, sweetened, of a 65 and 32% joint content of sugar, packed in glass bottles, from pasteurized juices of such fruit as : strawberries, raspberries, Morello cherries and black currants.

— Fruit jams and marmelades packed in glass jars — this group is not our specialty, however.

— Natural juice beverages, clarified and nectars — from fruit occurring in Poland, of one kind of fruit or of mixed fruit.

— Vegetables in a vinegar pickle — primarily conserved cucumbers and whole young red beets, salad from pared cucumbers, mixed vegetable salad, mixed pickles, gherkins, young onions, green and red tomatoes.

— Natural vegetables in stock with an addition of salf, such as : diced green beans, asparagus, whole and diced carrots, cauliflowers and potatoes.

— Vegetables after preliminary natural fermentation, then packed into jars or tins and pasteurized, hence : sauerkraut and dill pickles.

— Other conserves such as white beans in tomato sauce, red cabbage, tomato juice, mixed vegetable juice, sterilized French muschrooms and others.

The tradition of the cultivation of definite fruit and vegetables, experience, and also definite climatic-soil conditions have brought about that certain fruit and vegetable conserves mentioned in the list are classified among those in the cultivation and processing of which we are undoubtedly specialized. Strawberries and black currants, cucumbers, cabbage and young red beets are above all ranked among such fruit, vegetables and products. If anyone at any time had once tried out products from these fruit and vegetables, will undoubtedly agree with the fact that they are top quality and that they clearly stand out above similar products of competitive producers.

The same can be said of other fruit and vegatables, with the difference that their share in the total production and export is smaller than of those counted among our specialities.

The delicious quality, the excellent savoury and aromatic values characteristic only for our products lie at the bottom of their merited appreciation and demand, which they enjoy in a number of countries to which they are sent. We shall mention just some of them



Vitamins = health + energy

n vegetables and fruit are their storehouse. quality fresh vegetables and fruit, aromatic tasty, and with a high content of valu- vitamins are delivered by the exporter— RTEX"









ODDER GOODS
ROM
OLAND

The increased demand for meat on the world market has had a decisive influence on the expansion of cattle and hog breeding. The old method of utilizing fodders only on own farms proved to be insufficient. The fodder mixes of an industrially produced composition of protein, carbohydrates, fats, salt, vitamin and others appropriate for the kind of cultures made a worldwide career. Fodder mixes are at present widely used by smaller and larger farms and by breeding farms. In order to enricht he assortment and nutritive value and to fully ensure the market demand of individual countries for fodder, a regular turnover in various kinds of fodders, which expecially recent years indicates a violent growth, takes place on the international market.

Poland is an important producer and exporter of fodder commodities, seeds, potato products, side products of the sugar industry and ground rape. Their sole exporter is "ROLIMPEX" Foreign Trade Enterprise

SEEDS FOR FODDER PURPOSES

The following seeds belong to the seeds with a high protein content: field beans (Vicia Faba Minor), spring vetch (Vicia Sativa), Garden pea (Pisum Wrense) Sweet Yellow Lupine (Lupinus Luteus).

The guaranteed standard of cleanliness for this group of seeds amounts to 97---98 per cent and a moisture of 16% maximum.

The seeds are rich in assimilable protein, which reaches 34% in lupine and in Phosphorus and calcium.

The seeds of hemp, fibrous fine-grained flax, canary seed, and millet are excellent for fodder. Their guaranteed cleanliness oscillates between 97 and 98% and moisture from 13 to 15%. Seeds from clover plants and the cleaning wates of clover and grasses have recently been greatly appreciated on European markets.

The export of seeds for fodder purposes from Poland began relatively recently, practically not until in 1964. But in 1968, this [illegible] already rose tenfold. Buyers of seeds for fodder purposes are almost all the countries belonging to economic associations, and among the largest buyers are the European Common Market and EFTA — GFR, Holland, Belgium, Italy ,France, Switzerland, Austria, Sweden, Denmark and Finland.

POTATO PRODUCTS

Potatoes were and continue to be used traditionally as fodder in many countries. But their storage and preparation for fodder causes much trouble on the farm. For this reason, industry endeavours to supply fodder from potatoes in the form of a product preserving all the values of a whole potato After the USSR, Poland takes second place in the world as regards the quantity of potatoes produced. The attainment of a production of thirty odd million tons constitutes a base for the considerably built up processing industry.

These are flakes and potate pulps, easy and convenient to transport and store.

Potato pulp is obtained when potatoes are processed for starch. They are used as a component of concentrated fodders. The pulp is a loose mass, fluffy, light-gray to brown in colour. Maximum moisture — 13%, total starch content in the dry bulk about 40%. The pulp is packed in jute bags of a gross weight of 40 kg.

Potato flakes are obtained during the drying of vaporized potatoes. The flakes can be used as an admixture to highly protein fodders.

Potato flakes were already known many years before the First World War as an excellent fodder for household animals. They were used in place of vaporized or raw potatoes for hogs and beef cattle.

They are exported in a groud and unground state. Their maximum moisture amounts to 14%. New jute bags for 30, 40, and 50 kg gross weight are used for their packaging. Owing to the high value of these fodders,

ER BYPRODUCTS OF THE SUGAR
STRY

olish sugar industry ,one of the leading
n the world, obtains, during the pro-
g of the beet into sugar, a number of
odities constituting excellent carbo-
e fodde. for cattle. These are: dried
beet and beet pulp.

sugar beet is a valuable fodder
odity for cattle and hogs, of a high
content.

sugar beet is exported in the form of
slices and ground. Moisture of the
and slices reaches 12% and ground
o 10%.

and flakes are packed in jute bags of
or in fiveply paper bags of 50 kg
whereas ground beet is packed in jute
of 60 kg or in paper bags of the same
t.

beet pulp is exported in pallets
es sugar beet pulp.

pulp is a valuable carbohydrate fodder
attle and hogs. The sugar content
nts to a maximum of 8% and moisture
e of delivery up to 14%. Beet pulp is
red loose.

mers for dried sugar beet and beet
are the countries of Western Europe.
sugar beet are taken by Sweden,
Britain, Italy whereas beet pulp is
ased by GFR, Holland and Belgium.
greatly the demand grows for these
r commodities is manifested in the
greater export of 1968 over that of

nd rape is also exported besides seeds,
o flakes and pulp, dried sugar beet
pulps. This is a commodity of a high
nt of protein and fat, reaching 34%.
ture at time of loading — 10% maxi-

exporter of fodder commodities is the
gn Trade Enterprise
LIMPEX" Warsaw, Al. Jerozolimskie 44

ROLIMPEX

Rolimpex exports commodities produced by 9 industrial boards subordinated to the Ministry of the Food Industry and Purchase, Ministry of Agriculture and the Ministry of the Chemical Industry.

List of commodities offered by Rolimpex:
— sugar in all grades of varied degrees of polarization, such as white KS and FG, white refined KS and FG, cast lump sugar "Cublets" and pressed lump sugar, powdered sugar, crude sugar and sugar in retail packages.

Moreover, Rolimpex exports such industrial sugar products as:
— dried sugar beet in the form of "flakes", "slices" and "ground"
— beet pulp in briquettes
dried beet pulp
— dried chicory in the form of "grits", "flakes", "lumps"
— malting barley, rape, millet, rye bud seeds buckwheat husks
— Pilzen malt and hops.

The principal variety of malt offered for export is light malt of Pilzen type and dark malt of Munich type and also caramel and coloured malt used in the production of special kinds of beer.

The Polish hops are exported as "Lublin" and "Pulawy" brands. Hops exported by Rolimpex are pressed in small round or square bales and bales of typical dimensions. The hops are packed in jute or in tin cylinders.

— fodder commodities, hence potato flakes, potato pulp
— dried, light and dark, and granulated;

Rolimpex offers a wide assortment of seeds. The list of commodities includes export of root crops, fine-grained papilionaceous grasses. The seeds of sugar beet of the AJ Poly, AJ 4, NP Poly and AJ Poly Cama varieties deserve the particular attention of these interested. Of the fodder beet, it is worthwhile noting the "Ursus", "Żentaur", "Tytan", "Mars" and "Rekord" varieties.

There are over 100 varieties of vegetables, flower, perennial plant seeds, and seeds of fruit, decorative trees and shrubs.

Poland takes one of the world leading places in the export of medicinal herbs. The commodity assortment includes medicinal herbs in the form of flowers, roots, bark, herbs, fruit and others. Medicinal herbs are exported whole, in powders, cut, ground or stripped of the bark.

Besides the "Herbapol" medicinal herbs, "Rolimpex" exports a rich assortment of seasoning herbs and common, rock, ground and evaporated salt.

The assortment presented here of the commodities offered by the Foreign Trade Enterprise "Rolimpex" is known on world markets. For instance, Polish seeds of the sugar and fodder beet are known for their high world yields in the field of seed production. Polish grass and fine-grained papilionaceous seeds are marked by their resistance to drought and frost.

The medicinal and seasoning herbs with the trade mark "Herbapol" are known for their high quality owing to the fact that herb cultivation is carried out under the direction of scientific institutes and laboratory workers, eminent specialists in this field.



Tell me what you eat —
and I shall tell you who you are

Brillat — Savarin "Physiology of Taste"



POLISH DISHES

The art of preparing food is considerably older than all other arts and constitutes in the history of civilization an immeasurably colourful and fascinating chapter.

In the course of history, the ways, contents and forms of nutrition have experienced far reaching reform. Consequent to these processes, each of the dishes has its own specific taste, and we ask of meals that they be prepared quickly, that their appearance be appetizing, and the meal wholesome. The culinary art has thus passed through its consecutive evolutionary phases from the Stone Age to present times, and the subject of present studies and research is food of the atom age and space flights. Obviously, both the object of the meal and the technique of its preparation were conditioned by the degree to which civilization was developed.

The discovery of fire by Man was undoubtedly also used for roasting meat. When we reach back to the times of our great-great-grandfathers, we are filled with admiration and are horrorstruck at the thought of their heavy meals. Antiquity already was versed in the elaborate and frequently even sophisticated culinary art. It spread from Asia into Greece and Rome, embracing the entire civilized world. On its way it was unceasingly modified and diversified, being made richter by local tradition and likings.

The feasts arranged by the chief commanders, emperors and the powerful of those times exerted a great influence on the evolution of culinary art.

A Polish scholar and eminent expert on ancient Greece and Rome cites in one of his narratives, entitled "The Sweet Cherry" a dialogue between Lucullus and Cicero in which the former says "cooks are sold at the highest prices at auctions". Worth mentioning here that the conversation took place in the house of a great culinary connoisseur Lucius Licinus Lucullus to which once Pomey and Cicero invited themselves for dinner. Thus, citing Jan Parandowski, several slaves brought on platters ..."oysters from northern seas, rabbits with asparagus, poulards, sea shellfish stew, guinea hens baked in dough, white and black chestnuts". These were entremets of which the guests ate sparingly, curious of the further courses. Then a whole boar appeared. It was divided into several parts, each prepared differently. Rape, lettuce, radish lay on a platter and were able to rouse the laziest stomach. Attention in the middle ages continued to be put on quantity rather than on quality. Meat was most appreciated, next came fish. Broad beans, green beans and peas were consumed willingly. Meat was salted, pickled and smoked. Dishes from fresh meat were served only on the occasion of exceptional festivities. Food was best at rich monasteries having extensive estates. where vegetables and fruit were grown. The Italian kitchen, whose achievements were later passed on to the French court, won the greatest fame in the 16th century. The French proved to be apt pupils of the Italians and soon the French kitchen was recognized as being the finest in Europe.

The French kitchen was characterized by a real virtuosity and great invention in using various seasonings such as spices and the famous French sauces. It came about that the natural savour was completely lost of meat — for instance, drowned by the aromas and taste of the seasonings.

At this time, the endeavour to eat well went hand in hand with gluttony. The royal and court kitchens filled the role of experimental laboratories, where new ideas arose, new solutions and new recipes. All achievements in the field of culinary creativeness were jealously guarded.

Many discoveries of new dishes were made by chief commanders, politicians, poets and philosophers.

Mikołaj Rej, a Polish writer of the 16th century, was also interested in culinary matters in his "The Life of an Honest Man".

The seasons of the year served as the foundation for the arrangement of recipes and recommendations. The cultivation of vegetables and fruit is advised for spring. Fish are praised. The writer says that young butter, cheese and eggs should be eaten during summer. In autumn, provisions should be stocked for the winter while not forgetting about pickled and raw vegetables. Recommendations are also made to pickle cucumbers, make fruit jams, etc.

But Rej's wise advice was soon forgotten. Gluttony became a common feature of everyone.

All the national kitchens went through deep changes as culture advanced.

But the principle of respecting the differences in the savour and smell of products, constituting the foundations of each of the dishes was acknowledged by contemporary culinary art and is in force up to the present day. Our ladies are the famous continuators of the achievements of the oldest of all the arts of our civilization. The saying which preaches "Through the sto-

Poultry dishes

r to diversify poultry dishes, it would to introduce various ways of preparing it. garnishes should be introduced to each dish such as delicate raw vegetable salad, fresh cucumber salad in cream; boiled vers and carrots. Here are several recipes try dishes for 10 portions.

me what you eat—and
ll tell you who you are

CHICKENS À LA CRACOVIE

3.5 kg (5) dressed chickens, 0.02 kg salt, 0.50 kg fine buckwheat cereal, 1 egg white, 0,40 kg water, 0.15 kg butter, 5 eggs, 0.05 green parsley, 0.10 kg lard.

Rub the white of an egg into the cereal, fry slightly with half of the butter, add water, bake in oven. When cereal cools, add finely chopped green parsley, eggs, the remaining fresh butter. Mix thoroughly, season to taste. Stuff the salted chickens, truss and roast. When they are done, divide them into halves, pour the gravy, in which they were roasted, before serving over them. The dish should be served with potato purée and with a raw vegetable salad in season such as lettuce, fresh sliced cucumbers in cream etc.



DUCK GALANTINE

1.80 kg undrawn duck, 0.10 kg stale white bread, 0.20 kg milk, 0.10 kg liver, 0.05 kg butter, 0.10 kg eggs (2), 0.02 kg salt, 0.001 kg pepper, 0.02 kg green parsley, 0.10 kg frankfurters, 0.06 kg fresh bacon, 0.50 kg poultry aspic.

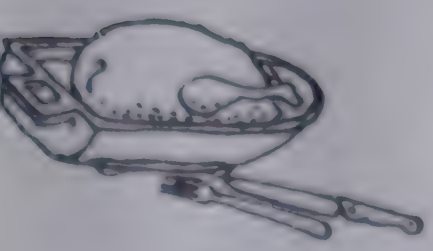
Remove skin from duck and remove bones. Cut meat off the legs for grinding. Cut meat from the breast into slices, pound slightly and spread the slices uniformly over the entire skin. Press out a roll soaked in milk, grind together with the meat from the legs and with the liver, putting it through the grinder twice. Beat butter with eggs, mix into the ground mass, add finely chopped green parsley and seasonings, blend. Put stuffing along the length of the duckskin. Make a hollow in the stuffing, place a frankfurter wrapped in a slice of fresh bacon into the hollow. Wrap the galantine tightly in a napkin, tie it up tightly with string and boil. Cool it in the stock, then remove from stock, remove the napkin and cut the meat up into portions. Garnish each portion on the platter with lettuce leaves, sliced radishes etc, and pour over it the partly set aspic.

OOSE OR DUCK WITH ABBAGE

se or duck, salt, marjoram, 2 tbs. small head of red cabbage, 1 tbs. gar, 1 onion, 1 tbs. flour.

goose or duck with salt and marjo-, brown on hot fat, put into a heated n.

cabbage, adding a sliced onion, over with a small quantity of boil- water, add vinegar, boil and strain. n the carcass is soft, remove from cut into portions, put it into the add cabbage. Stew on low fire for -30 minutes. Brown fat and flour to nooth mass, dilute with 3 tbs. sauce the carcass, pour into pan and boil. to taste. Serve with potatoes.

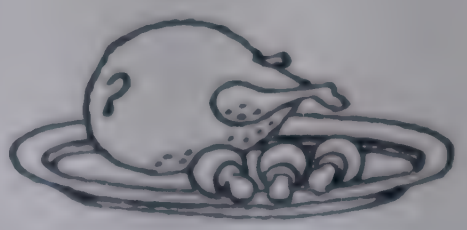


CHICKENS STEWED IN FRENCH MUSHROOMS

3.5 kg (5) dressed chickens, 0.02 kg salt, 0.03 kg flour, 0,10 kg butter, 0.30 kg French mushrooms, 0.10 kg onions, 0.05 kg butter, 0.15 l sour cream, 0.03 kg flour, 0.012 kg green parsley.

Divide chickens into portions, salt, sprinkle with flour, brown. Pour meat stock over them and stew. Clean mushrooms, wash, slice into pieces, brown on butter with finely chopped onion, add to chicken and stew. When chickens are soft, thicken sauce with flour and sour cream. When serving the portions of chickens, sprinkle with finely chopped parsley.

Serve with boiled potatoes or potato purée with a raw vegetable salad in season such as lettuce, radish salad.



ROAST GUINEA FOWL IN A COATING OF SMOKED BACON

2 Guinea fowls
10 dag smoked bacon
2 tbs. butter
salt, pepper to taste
a bunch of parsley

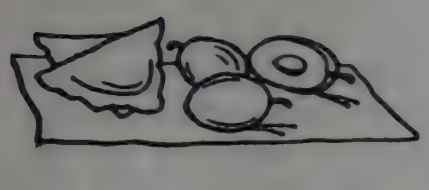
Salt cleaned and rinsed guinea fowls and rub with parsley (crush parsley slightly by hand and rub the guinea fowl inside and out with it).

Cut bacon into thin slices. Pin the slices of bacon to the guinea fowl with toothpicks so that it would not slide down during roasting. Put several twigs of parsley inside the guinea fowl. Truss the carcass. Melt butter in an oven pan, put the guinea fowl with its back on the bottom and roast in a slow oven to a golden colour, basting frequently with sauce formed during roasting. Divide into halves and serve with a red cabbage salad with apples and lemon juice.

PLUM OR STRAWBERRY DUMPLINGS

Dough: 1.2 kg flour, 1 egg, water, 1/2 frozen plums or strawbe.ries, sugar and sour cream (served separately).

Roll the dough, cut into squares. Put a whole plum in the middle of the square, enclose plum with dough, press sides together so that they stick, forming triangles. Boil in batches rapidly in slightly salted boiling water. Boil 2—3 minutes more after they come to the top, then remove from water with a strainer, chill and serve with sour cream and sugar.



BLACK CURRANT COCK-TAIL

1 glass of black currant juice, 1/2 glass semidry red wine, 1 glass of Vodka Vyborowa, sugar to taste, ice for the goblets. Mix all the ingredients. Taste, add if necessary 1 tbs sugar. Serve in glasses with ice.



WILD STRAWBERRY DRINK

Mix 1.5 glasses sweet boiled milk with 1/2 glass sweet cream. Wash 40 dag wild strawberries, put through sieve and mix with sugar. Mix everything with the milk, adding a handful of whole uncrushed strawberries.

If an electric or manual mixer is available, time is saved, because all the ingredients are well mixed within 15 seconds.

WHITE ONION SAUCE

Ingredients: 20 dag onions, 3 dag butter or margarine, 4 dag flour, 1/8—1/4 litre vegetable stock or meat broth, 1/8 litre sweet or sour cream, salt, sugar
Peel onion, rinse, cut into slices, pour 1/4 litre boiling water, boil until soft. Strain through sieve together with the stock. Mix 1/8 litre of stock or broth (cold) with flour, add straine donion, bring to a boil. Add sweet or sour cream, season to taste with salt and sugar. The sauce should be thick. An egg yolk and a pinch of pepper can be added. The sauce is served for eggs, boiled meat, etc.

Wolski onion, exported from Poland —

sound, savoury, aromatic, excellent as a garnish to every kind of dish, in every home. Exporter "HORTEX"

RABBIT IN CREAM

Saddle and legs of 1 rabbit
2 tbs. butter
salt and pepper to taste
1 glass meat broth

sauce

1 tbs. flour
1 small lemon
2 tbs. finely chopped green parsley
1 glass sour cream

Cut the saddle and legs into small pieces, salt, sprinkle with pepper and brown on butter. Pour the sour cream mixed with finely ground green parsley and flour over the browned pieces. When the rabbit is almost done, add the juice of a small lemon. Stew on low fire, tightly covered. May be served with potato purée coloured with a tomato concentrate or rice boiled so that grains are separate, with the same tomato concentrate. A raw vegetable salad of vegetables in season will enhance the savouriness of the dish.



SOUR MILK WITH BLUEBERRIES

A sour cream cocktail with berries — makes one of the finest beverages. Take 1 to 2 litres sour milk to 1/2 kg blueberries, raspberries or black, red or white currants, add sugar to taste and whip to a foam. Cocktails are served well chilled. Such a cocktail can well replace a fruit soup at dinner.



ATTENTION

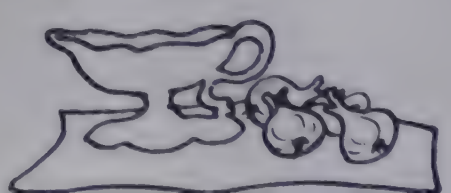
The best fresh and frozen strawberries are supplied by Agros, Hortex and Polcoop from Poland

DILL SAUCE

Ingredients: 2—3 tablespoons of chopped dill, 1/4 litre meat broth or vegetable stock, 1/8 litre sour cream, 3—4 dęg flour, salt, 2 dag butter (the excellent butter exported from Poland by „Animex" is the best.
Rinse dill, shake, chop, blend cold broth with flour, salt, boil, mix in sour cream and dill, add butter. Egg yolks can also be beaten in.

MUSHROOM SAUCE

Ingredients: 2—3 dried mushrooms, 1/8—1/4 litre sour cream, 4 dag flour, salt.
Carefully wash mushrooms in warm water, soak them for 1 hour in cold water and boil in the same water. Steam off mushroom stock to 1/4 litre. Mix in the flour with the cold mushroom stock, add finely chopped mushrooms, salt, boil. Mix in sour cream. A dash of pepper can be added and 1—2 dag creamery butter (the best is the butter exported by "ANIMEX")



...e best dried mush-
...oms are the mush-
...omsexportedfrom
...oland.

...xporter—**AGROS,**
...urawia St. 32/34
...Warsaw, Poland

...RAWBERRY
...SSERTS

...vberry, that magnificent fruit gives us de-
...nd nourishing desserts, which are marked
... flavour, appetizing apperance and which
...igh nutrive value. Here are several reci-
...desserts from fresh strawberries: Weight
...tion — 100 grams. The recipes we present
... counted for 10 portions.

STRAWBERRY CREAM

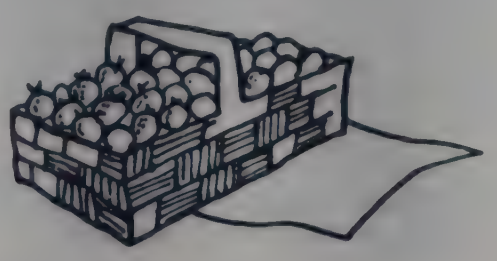
0.08 kg egg yolks (4 eggs), 0.20 kg sugar, 0.30 kg strawberries, 10 grams citric acid, 0.15 kg egg whites (5 eggs), 15 grams gelatin, 0.20 kg whipping 33% cream.

Rince gelatin, soak in cold water for 1 hour.

Sort, rinse strawberries, leaving the biggest for garnishing. Prepare gelatin as above.

Whip egg whites and cream, place in a cool place.

Beat egg yolks with sugar to a fluffy mass, add citric acid and crushed strawberries. Gradually add the dissolved gelatin to the mass, mixing steadily. When the consistency of the mass will be as thick as the cream, add to it the cream and beaten egg whites, lightly mixing Leave three tablespoons for decoration Portion the cream, put it into glass goblets, chill. Garnish top of cream with strawberries and sweet cream.



...RAWBERRY MOUSSE

...0 kg strawberries, 0.17 kg granulated
...ar, 0.15 kg egg whites (of 5 eggs),
...grams gelatin, 0.10 kg water, 0.20 kg
...pping 33%. cream.

...se gelatin (in leaves), soak in cold
...er for an hour. Sort strawberries,
...e, drain and select the largest for
...nishing. Crush the remaining fruit
...ore putting them to the beaten egg
...tes (a porcelain or other dish is
...t) or put them through a hair or
...tic sieve. Heat the swollen and
...ssed out gelatin in a small kettle,
...ing continually. After it is dissolved
...e in a dish with warm water to pre-
... setting.

...p cream, put in a cool place. Beat
... whites, gradually adding sugar and
... dissolved gelatin, mixing steadily.
...p the strawberry mass into the whip-
...cream. Leave three teaspoons of
...pped cream for decoration of mousse.
... mousse into goblets, decorate with
...h strawberries.

STRAWBERRY JELLY

0.74 litre hot water, 0.40 kg strawberries, 0.15 kg sugar, 0.5 grams citric acid, 20 grams gelatin.

Rinse gelatin, soak in coldwater for several hours. Throughly clean the strawberries, rinse them carefully, strain and sort. Weigh the smaller strawberries and use them for boiling. Boil water with sugar, add small strawberries, boil, add citric acid. Put the compote aside, chilling it together with the fruit so that as many as possible of the ingredients would pass to the brew. Strain the brew, bring to a boil and chill. If needed add hot water. Arrange the big, strained strawberries on the bottom of the bowl, pour in several tablespoonfuls of the setting gelatin, chill. When the strawberries have already set at the bottom of the compote dish, pour gelatin to the given weight and chill.



Ginger-bread Wonders

"Take as much as you want of fresh honey from the honeycomb, put it into a dish, pour a good deal of strong spirits into it and water, frizzle it slowly, watching it until it becomes thick, pour it into a kneading trough, add white ginger, cloves, cinnamon..."
— this is only the beginning of the recipe for excellent Torun gingerbread, given in a book published in 1725. Its author, even though he disclosed all the ingredients necessary for the baking of gingerbread, consciously or unconsciously kept the proportions, which should be used, a secret. In this way, the art of their baking remained a specialty of Torun cooks, initiated into its mysteries. The tradition of baking gingerbreads in this town and their exportation abroad reach back to the 13th century. Their great fame began, however, in 1763 when the Toruń patrician Jan Weese married a worthy and alluring baker's widow — Dorothy Szrajber. The dowry of this charming widow was just the gingerbread factory. That the new owner conducted the business well, let the fact bear testimony that an old 18th century Polish adage mentions it: "Gdansk spirits, the Krakovian miss, Torun gingerbread, the Warsaw shoe — these are the best things in Poland".
The Weese factory was a regular supplier of gingerbread for the imperial court in Berlin, it was exported to many countries overseas — to Turkey, China, Japan and even to the Hawaiian Islands. But enough of history! — the present day of the sweet factory is no less interesting; it has outgrown the most darring dreams not only of its founders and its heir but also of those who set it into operation after the Second World War. The present day of "Kopernik" — for the Torun gingerbread factory is called that now — is the baking of about 40 kinds of gingerbreads of the most varied flavours and shapes, many diverse waffle products of the East such as cocoa, Malayan and nut blocks. Novelties continue to be introduced into

oduction such as "gingerbread th marmalade", "dobrzynki", arzenki" etc. The yearly produc- n of gingerbreads alone amounts present to 8,5 thousand tons — the first years after the war it rely amounted to 3,5 tons of the products yearly. Obviously e manner of their production also anged. The arduous human la- ur is now done by high efficien- automats which, inter alia, duly ould them. Conveyor belts slide em into the oven and take them t, automats ice them or spread ocolate over them, other conve- r belts slide them through special rigerators, where the chocolate ts, high efficiency automats pack e ready products.

utomation, however, cannot re- ace the experiences of old ex- rts. True enough, the plant labo- tory examines each batch of the w material and the ready ginger- ead, but it cannot replace the pert who, frequently with 40 ars of practice, samples each tch of dough and can tell you rfectly what must be added so at "katarzynki", "dobrzynki" or ner titbits have the right taste. e production of bas-relief gin- rbreads, which are small works art, are the apple of the eye of e management of "Kopernik". ngerbread coaches, drawn by pair of horses, a driver on the achbox and a lady and a knight side; a lady at a spinning wheel a carved armchair, in a costume the 18th century; the coat of ns of the town of Toruń; the al of Władysław IV, Polish King, th coats of arms of 11 provinces; ediaeval knights. Toruń burghers, d even the facade of the Gothic wn hall of Toruń. All of the gin- rbread wonders are made by nd in original moulds of pear ood derived from the 17th, 18th d 19th century, from dough thout leavening agents which en- res great durability. The historical oulds are under the protection of e preservation authorities.

e coaches and gingerbread la- es can equally be eaten or... ed as an ornament for the wall. th foreign and Polish tourists ng them home; they are an im- ense attraction for everyone and pleasing memetto from Toruń.

opernik" has remained faithful its old tradition, the exports. It nds its products to many world untries. Inter alia to Great Bri- n, the United States, Canada, stria, to Cyprus and Sweden. ruń gingerbreads are even more preciated by gourmets through- t the world than they were ring the times of Master Jan



"Społem", the foreign trade department, represents in international trade exchange one of the oldest cooperative organizations in Poland — The Union of Consumers' Co-operative Societies "Społem". This organization has a very rich tradition as regards international contacts. "Społem", which is celebrating this year the hundredth anniversary of its activities, is known throughout the world. "Społem" is engaged in the export of agricultural-food products and in the import of citrus fruit, condiments, beverages like tea, coffee, wine, etc. and seasonings.

We shall mention only two principal groups of commodities from the „Społem" export list:

— Confectionery products
— Frozen rabbit carcasses

Confectionery products contain several odd assortments of hard and filled candies, among which the most popular and in the greatest demang among foreign customers are honey candies, cream candies (fondants), the Viennese assorted fruit and chocolate candies "Choco-Luxus-Sweets". Lollipops can with all certainty be ranked among the confectionery products recently most in demand abroad. Lollipops are varied in size from 7 grams to 56 grams, in diverse forms and designs, namely flowers, animals, fruit, faces, etc. Besides candy, "Społem" exports confectionery pastry. Hence, gingerbreads "Całuski" (kisses), cookies and lady fingers and soft cakes such as poppy-seed filled cakes and gingerbreads. This assortment is completed by assorted chocolate creams, chocolate plums and cherries and also an excellent mead „Babunia".

All the products mentioned are produced in Społem's own cooperative factories and that in itself, owing to the tradition of many years, is a guarantee for top quality and the best taste.

Frozen rabbit carcasses are also a very important export item of "Społem".

The carcasses come from the slaughter of domestic rabbits and are produced for export in modern cooperative "Społem" plants. The carcasses are exported in two forms:

packed whole in polyethylene bags and divided into portions on cardboard trays tightly packed in contractile foil. In order to obtain more detailed informa-

TRADE-MARKS OF POLISH FOOD PRODUCTS

Polish export of agricultural-food ucts has a tradition of long standing

products in Poland are well known both by ants and wide masses of consumers of the en- orld. Polish food is greatly appreciated in the ies of Europe, USA and Canada.

r to facilitate customers acquisition of the wanted products from Poland, we are presenting the with the trade marks adorning certain wrappings icultural-food products exported from Poland.

JS — the trade-mark name of commodities with all fruit-vegetable products exported by the trade enterprises: Polcoop, Agros, Hortex, are d.

OS — all vodkas and liqueurs also exported by reign trade enterprise AGROS are marked by ade-mark name.



l the kinds and varieties of meat exported by Polish reign trade enterprises are provided with the following ade-marks depending on the market:

RAKUS — trade-mark name for Western Europe, USA and Canada.
ANO — for GFR markets
EK — for English markets
TALANTA — for USA markets
ALA — for USA markets



The Vintage

age feast in Zielona Góra probably is as the history of the cultivation of grapevine own, and the chronicle of Zielona Góra it for the first time in 1222.

say that a certain tribe along the Rhine to conquer Zielona Góra in olden times. cohorts marched through the Lubusk land people of Zielonogóra were quietly sleep- nout defending the gates of the town, they strange soldiers and regaled them profu- th wine. Obviously, they were victorious a battle.

re only legends, yet have much of a re- ce to what is real.

ct that Zielona Góra became the principal f grapevine, which is cultivated on all the rounding the town. Vintage always had very festive course. The representatives of board, the owners of the vineyards, rich

The feast of today recurs to those traditions. The mayor of the town turns the keys of the town over to students and these are in power for the time of the vintage. And since this is Bacchus's holiday, then, sitting on a large barrel, and decorated with the vine leaves, they pass their just sentences.

A coloured, dancing procession passes through the town, in which, besides the town councillors (as it used to be in olden times) follow the students, jugglers, musicians and comedians, also great crowds of plebeians. The Bacchante serve the crowds of mobs assembled with tumberfuls of wine and the entire populace gaily makes merry.

Ancient Greeks regarded the bunch of grapes as a symbol of fertility, abundance and success.

The people of Zielonogóra, cognizant of matters pertaining to wine, say that used in moderation, wine gives the heart serenity, a gay mood, a sunny

a clear appraisal of phenomena. Being people that are not jealous or envious and egotists, they do not spare their wine to other nations.

Hence, it is no wonder that Zielonogóra wine is found on the tables of the gourmets of USA, USSR, Canada, Great Britain and Australia — and even Italy.

These nations speak well especially of the fruit wines of which there is a large abundance. "Rycerskie" (Knightly), "Zamkowe" (Castle), "Klasztorne" (Monastic) "Zbójnickie" (Brigand), "Jan czar" (Harness Bells), "Goljat" (The Goliath) know how to cheer up the most gloomy nature.

The people of Zielonogóra say, however, that it is best if you see for yourself.

Well — we are of the same opinion for we wrote for you about the vintage after having first emptied an honest glass of excellent wine of Zielonogóra.

POLAND AND FAO

FAO — an English abbreviation for Food and Agricultural Organization or in other words an Organization for Nutrition and Farming is one of the important specialized agencies of the United Nations Organization.

Poland was also among the 45 founder nations, which assembled on 16th October, 1945 in Quebec. At present FAO consocciates 117 member countries and 2 associate countries.

Apart from the 7-year break, we note in the current year the seventeenth year of Poland's cooperation with the UNO Food and Agricultural Organization.

In token of appreciation for Polish learned practicians in this field and also for the active participation in the implementation of the program assumptions of this international institution, Poland became a member of the FAO council for the 1965—67 term, and subsequently again elected to the council for the 1969—1971 term. The present FAO program, fully supported by Poland, tends to concentrate the entire activities of the Organization especially on five problems, which were recognized as being strategic.

The first matter is to provide all the countries with improved seeds. Further, the program envisages working out forms and methods which will lead to the reduction of losses in harvests on the field and in the graneries. An increased production of protein is proclaimed, among others by a growth in fish catches. It is worth stressing here that as regards this field, Poland has a particular share and considerable achievements.

As the fourth problem of the program, the principles of care over Man were defined precisely, the organization of the market and the reform of the agricultural system being included in this. The taking of steps to improve trade balances of developing countries was envisaged as the last point of this FAO strategic plan. This is to take place among others by increasing the differentiation in production and export.

The whole of the contacts of our country with the specialized agency of the UNO is dealt with by the Polish National Committee of Cooperation with FAO, which functions within the framework of the Polish Committee of Economic Cooperation with Foreign Countries.

How is this manifested and what is the scope of problems covered by the cooperation of Poland with the Food and Agricultural Organization (FAO).

In the cooperation of Poland with FAO, priority goes to economic problems and, in this connection, the field of political matters. Poland, which for years has had a definite position in the international economic activity, sees in this organization a forum for establishing relations wih various countries in order to participate in a mutual lending of aid and in developing international economic cooperation. Within the framework of FAO, Poland cooperates in abolishing every kind of restraint and barrier hampering the development of international relations. It also coacts in the development of trading with food commodities. Poland is an exporter of consequence of food products and endeavours to adapt her export products to the requirements set by international organizations concerned. Hence, for instance, the Organization of Economic Cooperation and Development (OECD) introduced far reaching restrictions of importation of seeds from third countries. Seeds can be imported only if a certificate on quality is presented, according to a special control system. Such certificates can be issued only by member countries of OECD.

Poland as a FAO member, which also has such authority, obtained the certificate from FAO, owing to the high quality of exported seeds. Moreover, we are endeavouring to extend this guarantee for the export of sugar beet seeds, in the production of which we have one of the leading places in Europe, and the quality of these seeds conforms to the highest world standard.

Poland is developing a broad technical and scientific cooperation within its activities in FAO, primarily with the European countries and in the field of agriculture, forestry, fishing industry and in food industry. Poland is also endeavouring to take advantage of FAO aid in covering the cost of scientific research which, for many reasons Poland cannot carry out on its own. Scientific-technical cooperation within the FAO framework enables gathering experience of posts carrying out research on definite problems in many countries in order to choose the best solutions. Poland takes adventage of the services of FAO experts and places at the disposal of this organization-best specialists as experts. The international seminars and symposia organized under the sponsorship of FAO are of great importance to expanding economic and scientific-technical cooperation. Undoubtedly, the activities in point of Poland with the Organization of Food and Agriculture have a great influence on the development and improvement of food production, which, on the one hand, gives our exporters the possibilities of offering good proper products to their customers and gives importers of Polish merchandise a guarantee that the products conform to every re-

Sundries

OLISH — FRENCH SCIENTIFIC OOPERATION IN THE FIELD OF GRICULTURE

French delegation of scientists and agri-ulturists, the chairman of which was M.J. ustaret, the general director of the Natio-al Institute of Agricultural Research — NRA — Minister of Agriculture of the Re-ublic of France, came to Poland in the econd quarter of 1968. During their week's tay in Poland, the French scientists held alks with the ministeries of agriculture, the ood industry and purchase, forestry and voodworking industry and met with repre-entatives of scientific institutes of these epartments. Moreover, the French dele-ation visited scientific posts. The upshot f the talks was an agreement signed at the Ministry of Agriculture on scientific-techni-al cooperation in the field of agriculture etween the agricultural departments of oth countries. According to the agreement oth parties will develop cooperation be-ween institutions, scientific research cent-es, exchange information on current re-earch work, congresses, colloquia etc. in rder to facilitate mutual participation or cquirement of relevant documentation. An xchange of biological mate.ial for experi-nentation, and also meetings of agricultural pecialists and research work in common re also envisaged. Moreover, the French arty will inform our agricultural department n the possibilities of assigning scholar-hips for Polish specialists to carry out trai-ing in French scientific posts, andthe Polish epartment will secure by rightof reciprocity cholarships for the training of agricultural pecialists of France. Both parties decided o hold meetings every year to talk over the esults of cooperation and to preparea pro-ram for the following year.

A POLISH SCIENTIST, HEAD OF A FAO DEPARTMENT

Prof. HA Jesiorowski was nominated head f the Animal Production and Breeding and Health Protection of Animals in the UN Food and Agricultural Organization FAO. The position which Prof. Jesiorowski is occupying is the highest that a Pole had ever had in the 20-year histoty of FAO and bears testimony to that Poland has much o say in this field.

EXPORT FERTILIZER FROM LEATHER DISCARDS

A new production has been put into opera-ion in the first half of 1968 by the Enterprise or Processing of Minerals in Tuczno

of Koszalin. This results from the technology, constisting of processing leather discards and which had been worked up and patent-ed by a group of the field industry of Ko-szalin. After the discards are degreased, ground and granulated, they will be proces-sed into power feed mixes containing 12 per cent nitrogen and as much as 12 per cent valuable protein. During the first period, the new production will attain 150—200 tons, later increasing to 500 tons per month. This is for export. After the first batch was sampled, it was bought up by contract by GFR. The manager of the Hamburg firm, which utilizes the Polish meal for rose and grape cultivations under mountain condi-tions, evaluated it very highly, asserting that as regards quality, it has superseded the competition of Italy and Switzerland, which had also tried to utilize discards. Despite the ardous tests, there has not been even one complaint as to quality, the foreign customer moved that the Polish meal be freed from presenting the expertise hereto-fore in force, issued by the Austrian Standar-dization Institute.

WINGED MASTERS OF THE TRILL

Increasingly more persons are interested in canaries. The canary in Poland is not only a private hobby and pleasant society at ho-me. The growing export of these masters of the trill has aroused great interest in this breeding line. Upper Silesia is predomi-nant in the breeding of canaries. Warsaw also devotes much time to the winged sin-gers. There are 200 breeding farms in the Capital City. Owing to increased breeding centres, Poland can more fully fill the orders of foreign breeders. There are increasingly more willing buyers of canaries. So far, the first on our list are the breeders of Italy, Holland and Belgium.

POLISH HORSES ARE BECOMING MORE POPULAR

The Enterprise of Foreign Trade "Animex" organizes in May an auction sale of horses in Łąck for the tenth time. There were 102 saddle, reconditioned and sport horses pre-sented this year for sale. Animex earned 60 thousand dollars for 90 horses sold in Łąck. All the ponies — up to 1.45 m height were also sold. As it appears, our ponies are winning popularity in Europe as saddle horses, serving to train the future horse-back riders. A new horseback riding school is to be opened in Finland which is to be based exclusively on the Polish horses, a fact which bears testimony to the succes-ses of our breeders and the direct connec-tion of modern breeding with sport. The country has also begun to increase its [illegible] base with the intention of [illegible] the Polish saddle horse

BEER EXPORT IS GROWING

Polish beer is also winning increasingly mo-re adepts abroad. Over 200 thousand hecto-liters of beer were exported in 1968.
The majority, 3/4 of the entire export con-tingent of beer, comes from the brewery in Żywiec, enjoying a 100-year-old tradition. The brewery in Żywiec, jointly with the Okocim and Wrocław breweries cover al-most the entire demand of foreign buyers. These beers recently won gold medals in Brussels and Nuremberg.

POLISH ONIONS TO 13 COUNTRIES

The Foreign Trade Enterprise achieved in 1968 a considerable growth in the export of onion, which reached 65 thousand tons in the previous year. Hortex exports onions to 13 countries, the biggest buyers being Great Britain, GFR, Sweden, France, Swit-zerland, Holland and Italy. The increased interest in Polish onion issues from the fact that it is distinguished by many good points, among which is its durability during storage.
Hortex is introducing a number of higher organizational and technical standards of efficiency. Special professional care has been expended on the onion plantations. Training is conducted for producers and methods of grading and preparation for lo-ading on shipboard are improved.

XVII CONGRESS OF THE EUROPEAN UNION OF TRADE IN HOPS

The XVII Congress of the European Union of Trade in Hops was held in Warsaw at the end of May, 1969. The congress was organized by the Enterprise of Foreign Tra-de "Rolimpex", which is a member of this organization.
Problems associated with the production and export of hops in the 1968 season in member coutries of the Union were discus-sed at the Congress.

WINNERS OF THE TENDER FOR THE REFRIGERATION PLANT

The factory of communication equipment won the tender for the supply of a refrigera-ting plant for Pakistan. The equipment will be assembled by Polish experts in building refrigeration plants.

Sundries

SUCCESSES IN QUALITY—A THRIVING EXPORT

The export of confectionery, fruit-vegetable and alcoholic products is growing with each year owing to their regular improvement in quality. Thus, the value of this export in 1966 amounted to 40 million dollars and in 1968 it attained the value of 80 million dollars. The enterprise of foreign trade "Agros" achieved this success owing to the work it conducted amidst producers — supliers of products exported for "Agros". This is expressed in the fact that the consignment lots against which a complaint was submitted do not exceed one per cent of the total magnitude of the export.

A MEDAL FOR CULINARY ARTISTRY

The gastronomic group of the Polish Touring Society "Orbis" attained a great success at the XIth International Gastronomic Festival at Torquay — Great Britain.
The chefs and confectioners of the Warsaw hotel "Bristol -Europejski" and the hotel "Cracovia of Krakow won three gold and three medals. Among others, Roast Pig a la Pologne won a silver medal.
The Polish chefs defeated the English and Hungarians in this competition.
Worth noting is that the groups of the Warsaw and Krakow hotels are composed of young workers, who display a high culinary skill.

HARVEST OF FELIX POMATIN, THE ROMAN SNAILS

The harvest of Felic Pomatin, the Polish snail, exported to France and Belgium, began in the month of May. About 50 tons of snails are envisaged for transportion in 1969, which means about 10 tons more than the previous year. The exported snails are gathered in the Voivodships of Lublin, Kielce and Zielonogóra.

FROM DWIKOZY TO JAPAN

The Fruit-vegetable Processing Plant of Dwikozy of the Voivodship of Kielce, supply their product to 24 world countries, including also distant Japan.
The Dwikozy products enjoy great popularity among the foreign customers, which offers possibilities of increasing produ-

PIKES TO FRANCE — EEL TO POLAND

A million pieces of freshly gained pike roe was dispatched from Poland to France by airplane in the first half of 1969. The roe, dispatched in special cases, chilled by ice, was delivered by plane to France. The export of pike breeding material was the first transaction of this type concluded with a West European country.
The French clients treat this year's delivery as a test, which in case the appraisal is positive, will offer a base for a wider exchange in this field. Poland also brought by plane several million eel fry from France.
This fry constitutes a base for maintaining eel stocks in our inland waters.

REFRIGERATION PLANT FOR FROZEN PRODUCTS

Białystok received a new refrigeration plant this year, built by Swedish experts. The capacity of this refrigeration plant is 60% larger than the old refrigerating plant built in Białystok seventeen years ago. The new cold storage plant is based on a steel structure, covered inside and out with sheet metal. Apart from the floor there are no bricks or concrete at all in this building. The material from which the building was erected is five times lighter than the traditional.
The building of the refrigeration plant of Białystok is a barter transaction.
The refrigeration plant will recompensate its erection during five years by delivering frozen fruit product to Sweden. Most of the fruit are frozen strawberries.
The refrigeration plant of Białystok runs for several years now the contract buying of strawberries and black and red currants.
Both the old and the new refrigerating plants are already producing this year 3 thousand tons of frozen fruit. There were produced 1200 tons of frozen fruit last year in the old plant. This year 2450 tons of frozen products are planned.

POLISH-AMERICAN AGREEMENT ON FISHERIES

Polish-American talks were conducted in Warsaw at the end of May and beginning of June 1969 on the matter of fisheries in the Western part of the Middle Atlantic Ocean.
As a result of the negotiations, an agreement was signed on the matter of dorada, plaice and hake protection by Polish and USA fishing vessels during the period from January 1 to March 31.
The agreement also covers matters of scien-

agreement was concluded for the period of one year with the possibility of extending it for a further period, should this be recognized necessary by both parties.

A MODERN SUGAR FACTORY IN TYNEC

Polish specialists will soon begin to set into mechanical motion the first equipment in the large sugar plant ,built in Hrochuv in Czechoslovakia. This will enable to already begin the processing of sugar beet during the proximate sugar campaign. After attaining its full production capacity the sugar factory will be able to process 4000 tons of beet per day.
This will be one of the largest industrial structures of this kind in Europe. For example sugar factory in Werbkowice processes about 3000 of beet per day. The factory in Tynec will get the most modern equipment, owing to which the entire production process will be automated.
The building of this structure is conducted by the staff subordinated to the Associated Building Enterprises for Power Plants and Industry. The Polish side performs all the functions connected with the building of this structure, beginning with the design, execution, assembly and putting the equipment into operation.
Two hundred and sixty thousand tons of material and equipment were delivered for the building, that is 350 freight trains, which bears testimony to the scale of this undertaking.
The sugar factory in Hrochuv-Tynec is one of the four of its Kind that are to be built in Czechoslovakia. The building of another identical sugar factory is under way in Hrusovany. Work in the building was begun the previous year, the operation of the sugar factory is envisaged for the following year.

"POLCOOP" INCREASES EXPORT

POLCOOP, Foreign Trade Enterprise will be expanding in 1969—1970 the export of rabbit and horse meat, forest plants, fruit-vegetable products, especially frozen fruit and vegetables, potatoes and many other commodities such as frogs, snails, goose livers. The growth of this export will be accompanied by a number of organizational, technical and productive changes, already put into effect.
This primarily involves the slaughter houses, slaughter centres of rabbits, fruit and vegetable factories.
A considerable growth of the exportation of frozen fruit and vegetables is envisaged by the fact that new refrigerating plants have been put into operation.
In order to ensure an increased delivery of

Sundries

producers will cover several years. "Polcoop" intends, among others to increase exportation of packaged products, as for instance: potatoes in bags.

WE SHALL BUILD A GIGANTIC COOLING TOWER FOR AN ELECTRIC POWER PLANT IN GDR

Thirty-five thousand cubic of water will flow per hour in the gigantic cooling tower, which Poland is building in Hagenwerden (GDR). Four structures of this kind will ensure the work of the power equipment in the most modern power plant. The power plant will be equipped for the first time with turbine sets of 300 megawatt power.

The signing of the contract for the building of cooling towers in Hagenwerder is the consecutive tribute paid to the staff of the Cooling Tower Enterprise of Gliwice. The buildings it erects are ranked among the most modern of this type in the world. Their height exceeds 100 metres, the reinforced concrete body is in the shape of a funnel widened at the base.

At present, the Gliwice specialists are erecting in Thierbach a cooling tower of this kind, of a little lower output. Owing to good organization of the building work, the buildings were handed over for use before the fixed time. Building of the first two cooling towers is already completed. The final third phase also included the erection of an equally difficult structure, that is the tower. Its height — about 300 metres.

THE WORLD BOOK EXCHANGE IN WARSAW

Every year in May, in the centre of the capital city of Poland, on the square in front of the representative edifice of Warsaw, the Palace of Science and Culture, flutter the flags of twenty odd countries and over them reigns Hermes, wielding a book in his hand. The Old Greek god of Merchants patronizes the International Book Fair in Warsaw which was held this year for the fourteenth time.

This year's book fair lasted eight days and was held as usual in the exhibition rooms of the Palace of Culture and Science. The following countries were represented at the XIV International Book Fair: Austria, Belgium, West Berlin, Bulgaria, Czechoslovakia, Denmark, France, Spain, Holland, India, Ireland, Japan, Yogoslavia, Norway, GDR, GFR, Poland, Rumania, Switzerland, USA, Great Britain, Hungary, Italy, United Arab Republic, USSR. Moreover, UNO specialized agencies also participated in the Fair.

Publishers, booksellers, bookselling associations and organizations exhibited on 267 stands books published by 2200 publishers of the whole world. About 70 thousand titles were presented here, of which over 60% were scientific, technical and professional titles, including 30 per cent newly published.

The books were exibited in accordance with the division into the following subject groups: scientific publications, encyclopaedias and dictionaries, technical and professional publications, belles lettres, books for children and youth, artistic and album publications, musical publications, miscellaneous publications.

The Fair was visited by 60,000 persons, among whom there were many personages from the political, cultural and scientific world, many foreign delegations and specialists receiving imported publications: booksellers, librarians, publishe s, translators, and finally readers and lovers of books. And here is a brief history of this unde.taking, which will celebrate its fifteenth anniversary next year.

The Fair was organized for the first time in 1966 in Poznan, within the framework of the annual International Poznan Fair. The Book Fair was moved two years later to Warsaw, which as the centre of intellectual life of the country ensured the undertaking better conditions. Here the exhibition surface area of the Fair and the number of exhibitors became larger with each year, new countries came, the undertaking became more popular in the country and abroad. It was admitted in 1962 as member of the UFI (Union des Foires Internationales).

There are many reasons for the success of the International Book Fair. The most important is the possibility of offering books most effectively to the Polish public and to conclude advantageous commercial transactions with various foreign firms.

It is therefore no wonder that the Book [illegible] Warsaw is justly appreciated by [illegible] and booksellers in many countries. It has won a very important position for itself in a relatively short time and today is ranked among the world's leading undertakings of this type: they take second place- after the Book Fair at Frankfurt-am-Main, on the list of international events of this branch, comprising over twenty items.

INSTITUTE OF FOOD AND NUTRITION OF WARSAW

The Institute of Food and Nutrition of Warsaw was opened on July 2, 1969. This Institute is one of the most modern centres of this type in Europe. It was founded with the cooperation of the UN Developmental Fund and FAO. The responsibilities of the Institute are unusually broad in scope. It will be engaged in matters pertaning to the physiology, technology and economic of nutrition and also with training and extension of knowledge in this field. The Institute of Food and Nutrition will not only serve our needs but it will also make available its experiences to specialists of other countries. The Director General of FAO, Dr. A. Boerma was present at the opening of this important centre.

Dr. Boerma said in his address delivered at the opening of the Institute: „The newly opened Institute of Food and Nutrition in Warsaw is one of the most up-to-date posts of this kind. Its widely conceived scientific-research work will play an important role in gaining knowledge on such an important field of contemporary life as are food and nutrition problems of the population. The FAO Director General expressed the hope that the activities ofth e Institute will serve further expansion of international cooperation in research on food and nutrition. The Institute in Warsaw will also train Fellows from other countries.

Having come to Poland at the invitation of the Polish Government, Dr. A. Boerma, the Director General of FAO, held a number of talks with Polish personages and state, scientific and economic workers. Dr. A. Boerman was also received by Marshal Marian Spychalski, Chairman of the State Council.

ŁOWICZ Is Not Only Striped Regional Cloth



We find under the entry "Łowicz" in the Polish encyclopedia of the interwar period (1930) the following information:

— Łowicz, a town on the River Bzura, in central Poland. Former residence of bishops. The population preserved the world famous folk costume, called striped regional cloth. A town of many traditions. An agricultural region. There is a small industry of machines and farm implements. There are also small candle, soap and thread factories. There is, last of all. a wool spinning factory and works, which the local population make use of in the production of the coloured homespun cloth.

Thirty-two years later, the concise Polish encyclopedia, published in 1962 in People's Poland, informs above all that:

— Łowicz, a town on the River Bzura, lying amidst orchards and gardens, is famous today primarily for its greatly expanded food industry, to be more exact, fruit-vegetable industry.

Products of this industry reach many European and overseas countries and their renown, especially the products from black currants, is rapidly spreading almost throughout the entire world. And that is not all. Today it reaches considerably farther than the above-mentioned striped regional cloth and other products the regional artists ever did.

We, however, are interested in the food industry. Let us try to visit the plants.

It is enough to turn into the street on the left from the market place. A little farther to the right and after passing several hundred metres one can already see the new building of the fruit-vegetable industrial plant in Łowicz.

Mr. Jacek Fraczek, the manager of the plant, first recalls the traditions that truck-gardening and horticulture have in our country. He says that"such vegetables as onion, cucumbers, garlic, beet or even carrot and broad been as well as the Brassica crops — cabbage and cauliflower etc, common today in Poland, were brought to Poland from Italy and France by monks from Italian monasteries, who were brought to Poland in 1006 by King Bolesław the Valiant. Those monks established by the monastery large usable orchards full of vegetables and fruit, and the population spurred on by this example imitated them. The royal and lordly orchards contributed to the propagation in our country of vegetables and fruit. A great influence on horticulture (and also on the culinary culture) in Poland was exerted by the Italian princess Bona Sforza, who came to our country in the 16th century as the wife of the Polish king Sigismund the Old, bringing with her seeds and the habit of eating vegetables. I must add hereby that the most widespread vegetables in Poland at present are: onions, cauliflower, cabbage, cucumbers, carrots, red beet, presley, leek, celery, and peas and beans and also early potatoes. All the plants mentioned above are commonly cultivated and consumed throughout the entire country and a considerable part of the crops is exported from Poland to various countries.

The Łowicz Fruit and Vegetable Industrial Plant, taking advantage of the agricultural character of the environs of Łowicz, arranged to ensure for itself a production base of top quality raw material from the clossest vicinity. The planned organization of a country network of purchasing centres enables an exceptionally rapid delivery of the raw material to the plant. Owing to this, the raw material is processed

The manager emphasized the fact that in order to guarant proper quantities of raw material of top value, the Pla purchases on the contract buying basis from the local farm ers various vegetables and fruit, among others, cucumbe beans, tomatoes, strawberries and black currants.

The plant provides the producers with seeds, seedling special fertilizers, auxiliary materials indispensable for pr duction, and grants credits for the development of plantati crops. Furthermore, specialist professionals, employed the Plants, instruct producers when cultures are establish and carried on.

Owing to such an organization, the Plant can manage hor cultural products and exert an influence on expanding t cultivation of plants necessary for industrial production, a consequently obtaining top quality raw materials.

As we know, the Łowicz Plants are still "young". Th means that they began full production just a few years ag They are almost completely automated. The raw mater brought from the purchasing centres lands on conveyo and from that moment on it is not touched by human hand Hence, for instance, strawberries, cucumbers, tomato apples, black currants and the like go on the conveyor be and at the end of the line, tins, jars and bottles come ready for transportation.

The manager takes us into a hall in which the productio lines stand. The production cycle — he says — is begu with an air-water wash. The washed fruit is carried on co veyor bels to the shredder, from there to the juice squeeze then to containers, deaerator, rapid pasteurizer, bottler, the capsuler and finally to the pasteurizing tunnel. Natural each stage of the processing of the raw material is und supervision so that the run of the production process correct.

The manager then extends an invitation to the store of rea products. Thousands of tins, jars, and bottles filled wi compotes, jams, pulps, juices are set up one next to th other. Each batch has the date of production, and informatio concerning the composition of the contents given on th package.

The manager shows a novelty — willingly purchased in th west — , black currant, plum, morello cherry jams wi a low sugar content, which are produced only by certa plants in the country.

All the ready products from Łowicz, marked by a label wi the sign "Krakus", are exported by the foreign trade ente prises Agros, Hortex and Polcoop.

We return slowly to the office, One more piece of informa tion — that the foreign buyers of products coming from Ło wicz are England, Austria, Canada, GFR, Kenya, Austral and the United States.

And last, in conclusion, the manager calls attention to th fact that the work conducted at the Research Centre Horticultural Plant Breeding on plant varieties is of esse tial significance for the development of production. Conse quently, new high-yielding varieties of string beans, toma toes, peas, onions, glass cultured radishes and late cabbag have been bred. The new varieties are distinguished prima rily by a higher value of the nutritive components and dura



oland has been breeding since the 19th cent. full-breed Arabian and full-breed English horses and horses formed under the influence of se races: Wielkopolska, Małopolska Silesia. Arabian full-breed horses at present bred in two studs in Jav Podlaski (Voiv. of Lublin and in chałowo (Voiv. of Kielce). Polish bian horses are bought in Western ope and America. There are clubs USA grouping owners of the offspring he Polish stallion "Skowronek" (The k), considered as being the world's class Arabian horse. Just this fa-us stallion is the ancestor of the jority of Arabian horses at present d in England and America. Full-breed glish horses are used to improve er races and types of horses. The elkopolskie horses derived here were ently acknowledged as a race excel-tly fit for horseback riding, sport ses. The Małopolska horses are so-what smaller than the Wielkopolskie are excellent for horseback riding. d last — Silesian horses formed un-the influence of West European lions of heavy races, cold-blooded are used exclusively for work in ming and transportation.

CATION IN THE SADDLE

ere are many possibilities of hiring best horses and there are excellent ng areas, affording a feeling of un-mpered freedom. For these reasons, Polish Travel Agency "Orbis" has en organizing for many years vaca-ns in the saddle which are greatly preciated by foreign guests. In 1966 foreigners took advantage of such acation, in 1967 there were already 0 and in 1968 — 820 persons. Last r $ 52,000 were earned for these ser-es.

oughout the country there are 36 ds with over 2,500 mares and 14 ds maintaining 2 thousand stallions. e greatest concentrations are in the ds of the Voivodship of Poznan in cota, Iwna and Posadowo. Further-re, there also are herds in Gniezno, rakow, Starogard Gdanski and in k. All of these studs have excellent ng gounds and are situated along venient communication routes and r cultural centres.

ły Bór in the Voivodship of Koszalin ves the interests of fereign guests t. This is the most representative urious boarding house for 50 per-s. There are avilable double rooms



Touring Attractions in Poland — Vacation in the Saddle and Hunting

with baths. Food is excellent, and th riding grounds reminiscent of America prairies, covered with heather and gentl elevations.

"If we had begun our tour from Biał Bór instead of ending with it, we woul not have moved anywhere else" — wro te D. Dalesnan, collaborator of the En glish periodical "Horse and Hound" visiting the Polish studs a year ago "Why everything is here that a horse man can wish for. This is the place which from all the charming places we have visited, I can most warmly recom mend. Here is what we call in England a real home'. Here is the utmost comfort here an expert horseman can ride as well as the beginner. Here are pleasan surroundings, here is sporting fun and everything the young need. We have been in many places in Europe, well — in the world — where from all places we recommend Biały Bór the mos warmly, we recommend it especially to riders of overcrowded Britain".

Equally comfortable conditions were created near other studs. Guests co ming to Racota live in a classicist palace built by Merlin. The suites (with bath rooms) accommodate 20 persons at a time. One, two, and three-person rooms have been prepared for 50 persons in Łuniewice (Voiv, of Zielona Góra) the castle of the former Teutonic Order There is a very good horseriding schoo there. The attraction of a stay in Łąck is sleeping in the stable where luxurious single rooms have been made over from stalls.

Four rounds are now organized in Po-land during the year at which 1200 persons can be accommodated. Rounds are for 7 or 14 days. If there should be an increased attendance, "ORBIS" can organize 10 rounds of two weeks each during the year, which about 5000 foreign guests can attend.

A HUNTING PARADISE

Game is an important item in Polish export. As a country of large forest tracts, Poland abounds in game. Be-cause there is a large number of kinds of game living freely and because the climate is sharp, Polish boars, stygs or deer are sturdy healthy, strong and di-stinctive for their large weight. Boar meat is very valuable both as to yield and nutrition and the mode of life of a boar makes its meat lean and deprived

rmuscular fat. Poland is one of
's largest exporters of live game.
pheasants and deer from Poland
atly in demand on foreign markets
exported to a dozen odd coun-
About 100 thousand hares, ge-
large, are hunted and sold in
on. They are principally imported
nce, Italy, Belgium and Yugo-
Export during the past year
t Polish economy over 1,5 million
Live pheasants and partridges
sold for 227 thousand dollars,
ozen game meat and game pre-
for over 2,9 million dollars.

also is a paradise for hunters.
en kinds of mammals can be
here such as bucks, kids, deer,
s, foxes, boars, hares and even
nd wolves. From among 19 va-
of birds the following deserve
on: wild ducks, wild geese, par-
pheasants, grouse, and heath
Hunting is allowed in strictly
periods, apart from wild beasts
which such restrictions do not
Owing to the great variety of
one can hunt in Poland practi-
he entire year round. Hunting
for foreign guests were begun
8. A steadily growing interest in
id not begin until 1962 and since
ne number of hunters coming to
is doubled every year. Hunters
elgium, Denmark, Finland Fran-
lland, Canada, Sweden and the
come to Poland to hunt. Two
d and twenty-two hunters came
broad in 1962. In 1967 there were
1300 and 1200 came in 1968.
hunters like to hunt in Poland.
all, the hunting grounds here
tural, preserved in a virgin state
tainted by the advance of civili-
Hunting with a "bugle" takes
n natural conditions, maintaining
ditional forms and traditional set-
Foreign hunters win in Poland
lf bad trophies: deer and buck
and antlers, etc. An additional
on is the 15 per cent lower price
other countries and the typical
hospitality.

tractive race of St. Hubert, orga-
on the 3 rd November at Biały Bór,
especially charming setting. The
s must win 18 handicaps on a
of 20 kilometres and then chase
The entire enterprise ends with
tional ball at which the hunters
arded special honours.

t extend my thanks for the help
anizing the hunting chase for
Hans Linde's group of the Nymann and Schultz firm of Helsinborg" wrote a representative of the firm to "ORBIS".

— "Everything was more than good, for which we extend our thanks". This group hunted in Tucholski Bory the 10th to 15th November, 1968. ORBIS receives many such thanks. This bears testimony to the satisfaction which foreign hunters take away from Poland.

The Polish Travel Agency "ORBIS" is the organizer of hunting meets for foreigners. It has already reached in 1967 the optimal limits of its possibilities in this respect. An expansion of this action would require the extension of hunting grounds. „ORBIS" is planning to establish 5 or 6 large hunting complexes (50,000 to 60,000 hectares) in attractive places taking into consideration technical equipment indispensable for hunting grounds. The implementation of this planwill enable to meet the wishes of the increasing crowds of foreign tourists.

Witold Lemiszewski



— You should not shoot in such a situation !
— Why ?
— That is unsportsmanlike to shoot at ducks when they are on the water. Wait until they fly up into the air. You should give them a chance !
— They have a big chance anyway when I am shooting at them.

The Editor's Office every day receives letters
rom Readers from various parts of the world
ecause:

FOOD FROM POLAND

nforms— on the high quality of Polish food and agricultural products

acilitates— choice from the wide range of Polish goods

Helps— to establish contacts with Polish foreign trade enterprises.

In every issue of our quarterly our Readers
ill find interesting articles and advertisements
nd names and addresses of enterprises engaged
the export and import of agricultural prod-
cts and foodstuffs.

We look forward to your letters!



OOD

from Poland

of Exports of Agricultural and Foodstuffs

No 1(27)



FOOD from Poland

n. VI Warszawa 1970 No 1(27)

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Picture on the front cover: "The Sun of May
Józef Mehoffer born in 1869 in Ropczyce, died in Cracow in 1946. After studying in Cracow and Paris he settled in Cracow and became a professor at the Acedemy of Fine Arts.
Mehoffer is best known for his wall paintings and stained glass — the stained glass windows in the Frybourg Cathedral in Switzerland made him world famous.
He also painted landscapes, symbolical compositions and portaits.
His works are characterized by decorative and bold outlines and wide range of vivid colours. Some of them are marked with symbolical contain. He was a representant of Art Nouveau trend.
In his painting "The Sun of May" of 1910 the tones are methodically analysed in order to achieve the brightest possible ensemble — symbol of the triumphant power of the sun and nature.

GRICULTURAL FOOD EXPORT TODAY AND TOMORROW







lue is closely bound with the decision to limit the export of meat in an unprocessed state. On the other hand, export will be continued and maintained of such meat products as tinned ham, meat preserves, ready to serve dishes, pork-butcher meat products, freshly frozen rabbit meat, bacon, meat-vegetable preserves, slaughtered poultry — especially geese and ducks — game and freshly frozen horse meat. These are top quality commodities owing to their taste values, top quality raw material and skilled professional teams of specialists with generation-long traditions. In spite of the fact that this export is very profitable, being sold for free currency in countries with the highest living standards as the USA, Canada and the European Western countries, it will be maintained in the proximate years on the present level even though the demand for meat on the home market is rapidly growing in consequence of full employment and growing consumption. Total export for ham, for instance, amounted to over 24 thousand tons per year, of which over 18 thousand tons were directed to the USA. The German Federal Republic (12.6 thousand tons in 1969) USA, and

Great Britain are the largest buyers of meat preserves. Export of meat and meat products in 1968 amounted to 160.7 thousand tons which in relation to the total production of meat, amounting to 2163.3 thousand tons, still supplemented by import, constitutes almost 3 per cent. In view of the demand of the internal market and the fact that cattle on the hoof and unprocessed meat — contrary to meat products — are subject ot greater fluctuations arising from market conditions, a decision was made to limit such export. In order to maintain an equilibrium of the trade exchange with economically developed countries and in order not to permit a drastic reduction of import, new commodity items that are more processed, in more modern packaging, in demand on the market and with a sufficient supply to home markets, were introduced in exchange for the reduced quantities of meat. For several years past, there has beena very good growth in the export of fresh and frozen fish fillets, sold in quantities exceeding 8.5 thousand tons (including to USA 6.2 thousand tons fresh water fish of various species). A total of 44.5 thousand tons of fish and preserves

were exported from Poland in 1968. Export is carried out by the Foreign Trade Enterprise RYBEX with headquarters in Szczecin. Owing to the rapid growith of the fishing fleet and the leading world position of our shipbuilding industry in the building of vessels, this export will become systematically larger fishing with subsequent years. Especially the sale of fresh fish from the ship's board will be urged owing to the necessity of lowering the costs of catches on fishing areas situated far from the country.

The growth of export of horticultural crops is good, irrespective of certain fluctuations caused by the quantity and quality of the crops. The export, concentrated in the Foreign Trade Enterprise HORTEX including such commodities as onions, fresh vegetables, frozen fruit-vegetable products, fruit and vegetable semiproducts etc. reached the value of 139.3 million currency zlotys in 1968. It seems that Poland has large prospects in supplying the Scandinavian market with fresh vegetables during the periods immediately preceding their own harvests. Poland takes second place in

the world after the USA both as regards the surface area allo ted for strawberry cultivation and as regards quantity of fruit cro For this reason export of strawberries, both fresh and unproces will be expanded in the subsequent years. In view of the tendenc toward a further increase in the consumption of vegetables, esp cially as to taste, and of fresh fruit, there are considerable possi lities on all markets without exception to increase the export these commodities from Poland. Appropriate steps have, be made toward improving the standard quality, retail packagi refrigeration, transport, etc. The effect should be a considera export of this commodity group in the next few years.

Beside the Foreign Trade Enterprise HORTEX, which runs exp of commodities produced by Co-operatives, the same commod variety also appears in the Foreign Trade Enterprise AGRO exporting beside many other commodities, fruit-vegetable pr ducts derived from state industry. The basic export products this enterprise are alcoholic drinks, all kinds of vodkas. fruit wine meads, beer and forest fruit (berries, mushrooms, etc). Export

this enterprise reached the value of ever 115 million currenc zlotys in 1968. Owing to the large supply and relative profitability the export will be continued and increased especially of suc commodities which will prove to be the most effective. At present 90 per cent of this export is located in markets of West Europe An exporter of consequence of agricultural-food commodities o plant derivation is the Foreign Trade Enterprise ROLIMPEX. With in the export competence of this enterprise are such products a sugar, potato industrial products, oleaginous seeds and oils grains raw materials of the brewing industry, seeds, herbs etc. The value of the export of this Trade Enterprise amounted in 1968 t over 402 million currency zlotys of which 349 million currency zlotys represented the value of goods sold in the countries of Wes Europe and overseas.

Almost over 1/3 of the export of this Enterprise is constituted o refined and crude sugar of which 565 thousand tons of a value of 121 million currency zlotys were exported in 1968. The export o this commodity will drop in the following years to the level fixe



for Poland by the International Sugar Agreement of which Poland is a member. The introduction of export quotas means curbing further growth of production over own needs of exporting countries and adapting supply to demand on the free sugar market. Export of food products of animal derivation is dealt with by the Foreign Trade Enterprise ANIMEX, a known world exporter of Polish hams, meat preserves, bacon, pork-butcher meat products, game, poultry, meat and poultry products, ready-to-serve dishes, eggs in shells, egg bulk, egg powder, butter, hard cheese of various kinds, powdered milk, casein and many other commodities famous for their quality. The value of the export of this Enterprise amounted to almost 800 million currency zlotys in 1968. and the total turnover together with import amounted to about 1 billion currency zlotys.

The Foreign Trade Enterprise POLCOOP deals with the export of agricultural-food products derived from the production of the Union of "Samopomoc Chłopska" Co-operatives. The value of commodities exported by POLCOOP in 1968 amounted to 187 million currency zlotys and the total turnover amounted to almost 450 million currency zlotys. Within the export competence of this Enterprise are such commodities as frozen rabbit meat — from 6—7 thousand tons per year, edible and seed potatoes, seeds, fodder, fruit-vegetable products, forest plants, poppy seed, beans, frozen fruit, pulps musts, fresh and frozen horse meat, meat products and many other commodities.

The total agricultural-food export is carried out in Poland by 7 enterprises of consequence, while the same commodities frequently are under the management of various exporters. The division of export competences of individual enterprises is linked with and corresponds to the organizational structure of producers. One can say in summing up, that even though sale conditions of agricultural-food commodities have deteriorated on many markets, especially in countries belonging to the European Common Market, Poland is interested in an advantageous sale especially of those products which have been for years the subject of our interest as regards production and sale. We are doing everthying toward a change of the structure of our export. Good results have already been achieved in the export to socialist countries whereas results are unsatisfactory in the improvement of the export structure to West European highly developed countries. The share of agricultural-food commodities to these countries has diminished from 38.8 per cent in 1960 to 32.7 per cent in 1968. Inasmuch as this change is not accompanied by a relavant improvement along the line of increasing the export of ready products. a geographical readjustment of Polish export would have to entail a change in the direction of import purchases.

In order not to let trade exchange become reduced with countries the exchange with which is obviously a matter of interest to us we must assure access to them for Polish agricultural-food export which. even though we have no intention of developing especially but which we do wish to maintain on the present level in conformity with the structure of our agricultural production.

FROZEN FRUIT AND VEGETABLE PRODUCTION PLANT

HORTEX

GÓRA KALWARIA "MROŻONKI" STATION

















We are presenting a photographic report, prepared by the photographer Janusz Czarnecki, of the Frozen Fruit and Vegetable Production Plant HORTEX in Góra Kalwaria. Before undergoing the process freezing, the product must be properly selected, sorted and prepared so that its quality would arouse no reservations on the part of the consumer.

We see the process of sorting fruit.
The frozen product factory "Hortex" also produces sliced strawberries with sugar. The photograph presents the washing and sorting of strawberries for slicing and freezing with sugar.
View from above. Production of sliced strawberries with sugar.
The fruit is finally prepared for the process of freezing which will enable them to retain their nutritive value for a long time. We see on the photograph the passage of fruit on sieves for freezing in the tunnels of the refrigerator. Our photographer did not, however, enter the tunnels. The temperature prevailing there is –60, –70°C.. Still, some ready products are recorded on his film.
Frozen strawberries in the retail packaging of the firm.
"Hortex" dumplings
Mixed vegetables
Gooseberries
Tomatoes
Fruit cocktails

These and other products are exported by the Polish Foreign Trade Enterprise HORTEX Warszawa, Poland, Warecka St. 11

A YOUNG FACTORY BUT AIMS ARE AMBITIOUS

There is to be observed in the last several decades a rapid growth of the refrigeration industry. This new industrial branch is used to great advantage in various fields of economic life. It seems, however, that the refrigeration industry principally plays a role in its use in the food industry.
The new, dynamically expanding food industry in Poland brought about the development of refrigeration which is of particular importance for the export of products of farm derivation.

Interview with Mr. Marian Lis, Manager of the "Hortex" Fruit--Vegetable Processing Factory at Góra Kalwaria



We wish to present in the present issue of our periodical one such establishment which — like "Hortex", the known exporter of farm-food products — is also a member of the large cooperative organization "Central Office of Horticultural Cooperatives".
For this purpose we turned to Mr. Marian Lis, the manager of the "Hortex" Fruit-Vegetable Processing Factory in Góra Kalwarja with the request to grant us an interview.
We should like to present the Factory which is under your management, to our Readers. In this connection, we wish to request you at the beginning for a reply to the following question

When was the factory put into operation and how is its equipment?

Reply: The Factory began production in 1966. The fact that production increased almost threefold over these four years bears testimony to the dynamics and the vital force of this factory. "Hortex" Fruit-Vegetable Processing Factory is the youngest of this branch. But, it, therefore is one of the most modern and largest not only in this country but in Europe. The share of our factory in the total production of frozen products in the country today is already very considerable. The general conditions are propitious, primarily the location. The Factory is located in the very middle of the fruit-vegetable basin, which owing to its natural favourable conditions and the near market of the capital city of a high purchasing power has already for some years past been transferred into a rich raw material base. Our Factory, which is owned by the Central Office of Horticultural Cooperatives has, within a radius of 50—60 km three such horticultural cooperatives from which it gets over 80 per cent of the raw material.
The refrigerating industry in Poland, although relatively recent, has large prospects ahead. We have large potential possibilities for growth. Firstly — in view of having a rich raw material base. Secondly — owing to the dynamic growth of this industry. Finally, the increasing consumption of food resources conserved by freezing is a great stimulator of growth.

The Factory in Góra Kalwaria is a pretype and specialistic factory. The equipment of the factory in machinery and appliances enable to rank it among the modern factories of this branch in Europe. We have available full equipment for continuous freezing in a fluidization system. It enables to conduct a process of rapid deep-freezing, which enables preservation of the maximum useful values of the produced fruit and vegetable frozen products. Storage facilities are similar. They conform to ultramodern production conditions and to the requirements now set. Products are stored at a temperature of —25°C, the chambers having equipment for regulating the temperature within 0°C and —25°C jointly with possibilities for exchanging the air as needed. The refrigerating power installed in the factory amounts to over 5 million Kgcal per hour and the technical level of the machinery and equipment is the highest. They come from countries specializing in their production. Take for instance the equipment of the department in machinery for the production of thick juices. Take for instance the press for pressing the fruit — it was made by the Bucher-Greer firm of Switzerland and the evaporator comes from the well-known firm Alfa-Laval.

May we ask you to present the production program?

Reply:
Taken generally, the freezing of fruit and vegetables is included in production.

The program for frozen fruit includes: strawberries, raspberries, black and red currants, morello cherries, gooseberries, sweet cherries, plums and forest fruit — huckleberries, elderberries and others.

We also carry on the freezing of vegetables on a large scale. We produce frozen spinach, cucumber salad, French beans, cauliflowers, celery, leek, carrot with peas, mixed vegetables, etc. Moreover, we also produce ready frozen products such as dumplings, cakes with fruit, fruit ice creams, frozen potato products, densified juices from black currants, apples, morello cherries, coloured currants raspberries and other fruit.

I have mentioned the production assortment. Our customers speak of their quality. I shall not take time to mention the good opinions. I shall only mention that 85% of our production is sold abroad to 17 countries. Our frozen products are known in all the Scandinavian countries and in Europe and in oversee countries in the USA and Canada.
The Foreign Trade Enterprise "HORTEX" is the exclusive exporter of our products

Sir, the Factory is young, we are interested in knowing whether you have already in such a short time been able to make closer contacts with foreign countries?

Reply:
Our factories are well known among the large importing firms. We maintain with them a regular and animated contact. This contact enables us to adapt production to their wishes and needs. In order to meet the needs of our customers, we wish to base cooperation on long-term contracts. That will enable to better adapt the production program to the needs of clients. Our ambition is that the name of our factory will become a synonym for good work owing to our products. There are old world firms that have already established their good reputation. We are a young factory but we endeavour to gain through the good quality of production the confidence of our foreign clients.

Our scientific-research units ensure for us a high quality of production. Hence:

— a laboratory of the technical supervision section whose responsibility is not to admit products of poor quality to the commodity turnover

— laboratory of the chief technologists whose responsibility is to steadily improve technological work and the work on introducing to production new products adapted to the requirements of foreign clients.

The essential factor safeguarding the high quality of our products is the young, but apt and talented group of professionals. Twenty-three engineers and seventy-two technologists of varied specialties in the production of frozen products and in the hygiene of Man's nutrition work with us. The fact that they were entrusted with the professional care over the four Factories being built in the country for the production of frozen products bears testimony to their skill.

Having our own refrigerating transport is very convenient for us as producers and for our clients.

Commodities bought in our Factory can be delivered on time and in a good state without giving rise to any reservations by our own transportation means in cofeirmity with the instructions of the clent.

Interviewed by
(j.k.)

Foreign Trade Enterprise "HORTEX"

Foreign Trade Enterprise HORTEX represents on foreign markets the Union of Horticultural Co-operatives which this year celebrates its 55th anniversary.

HORTEX exports of produce supplied by horticultural co-operatives include the following commodity groups:

— fresh fruit and vegetables
— deep-frozen fruit and vegetables
— fruit and vegetable semi-products
— fruit and vegetable preserves
— honey and meads
— champignons

A special attention is claimed by cut strawberries with sugar, deep-frozen musts, deep-frozen fruit juices, thickened fruit musts from black and red currants, cherries, apples and raspberries.

In the range of vegetable preserves we recommend preserved cucumbers, onions, asparagus, pickled and sterilized vegetables, and as regards fruit preserves – compotes.

Owing to the latest methods of refrigeration in very low temperatures, deep-frozen products retain their vitamin content, full nutritive value and original taste, as well as the colour and aroma of fresh fruit and vegetables.

Foreign Trade Enterprise HORTEX is Poland's leading exporter of deep-frozen fruit and vegetables which are in conformity with the world's top standards and have scored a great success on European and overseas markets.

HORTEX exports embrace deep-frozen strawberries, raspberries, cherries, black currants, red currants, plums, green peas, green beans, cauliflowers, cucumber salad and others.

In addition, fresh strawberries are exported by air, refrigerated trucks or railway vans.

In the group of **fruit and vegetable preserves,** an important place belongs to fruit pulps, in particular strawberry pulp which is exported by HORTEX in substantial quantities.

Champignons are exported in two varieties white and cream. They are featured by fresh and firm flesh, superb taste and strong aroma. The fine quality of our champignons comes as a result of their being grown on natural fertilizing substance and derived from wild-growing varieties.

During the recent period a number of novelties has been added to the HORTEX export list. These are:

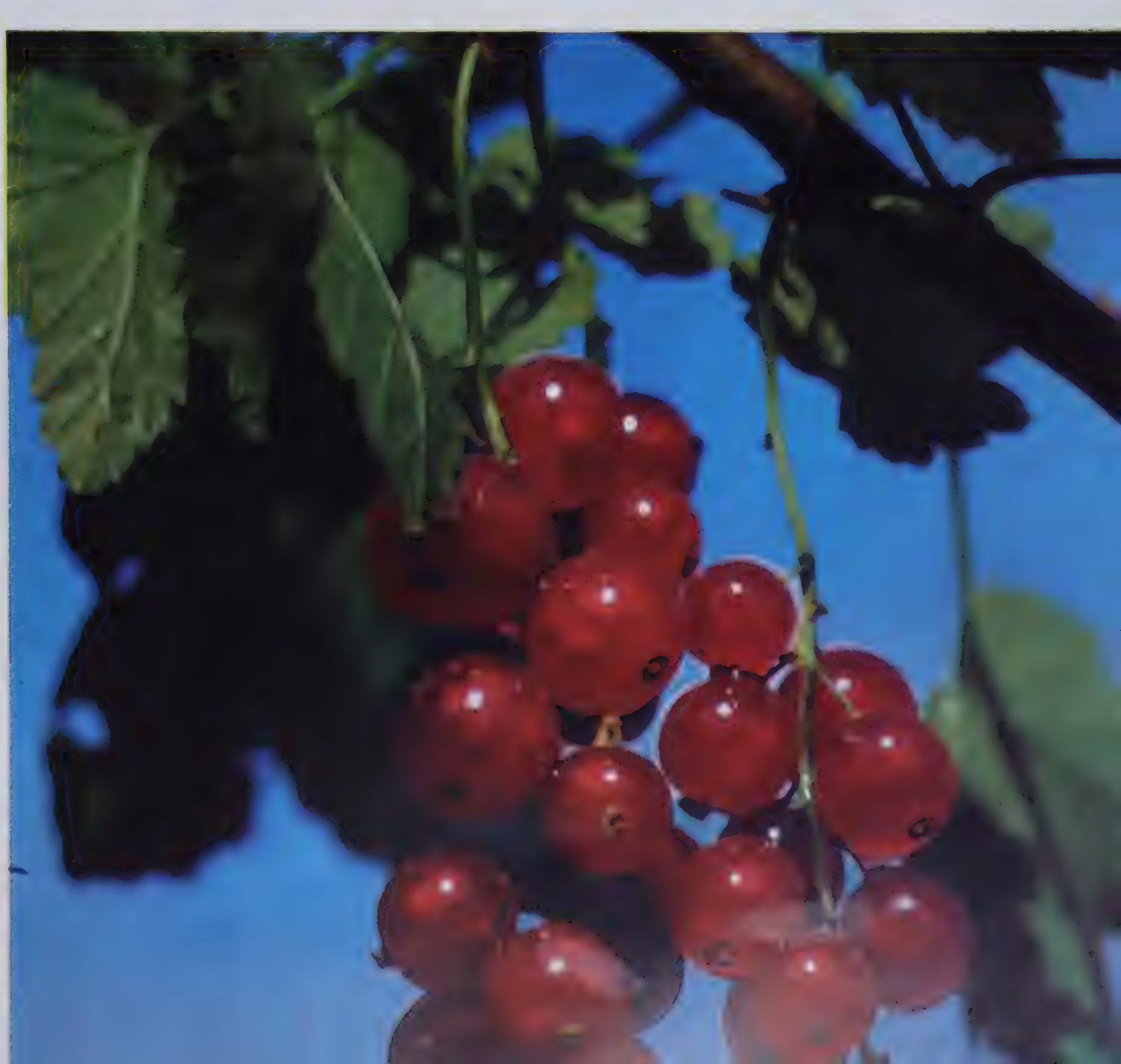
— dehydrated strawberries and raspberries
— thickened fruit musts
— in the line of deep-frozen products: fruit mousse, extra quality strawberry dumplings, cheese dumplings, carrots in unit packaging, potato dumplings and potato pancakes.



SCO
HORTEX
WARSZAWA







HORTEX

Foreign Trade Enterprise

Warszawa, ul. Warecka 11a

TOP QUALITY OF PRODUCTS

materials in the processing of and vegetables have a decisive ence on the quality of products ne processed articles.

dynamically expanding Polish -vegetable industry is expanding each year and also the quality igher, by introducing improve-ts in the technology and tech-e of production.

d products, however, are not ob-d by introducing even better nological methods and the new-achines, if they are made from quality raw materials.

principle — good raw material — quality of products is observed olish producers.

re presenting our Readers with information concerning three h processing plants, viz.:

Kuyavy Fruit-and-vegetable Pro-sing Plant, entitled " A Sun-filled ss";

No. 2 Plant of Gdańsk - entitled arinated Beets";

RDON Fruit-and-Vegetable Plant Bydgoszcz, entitled "Modernity Tradition".

Modernity and Tradition

"Fordon" owes the large deman for its products to their to quality and the good raw ma terials it uses in their processing Before it comes to production the raw material is already unde the solicitous care of specialist from the Factory, who maintain regular contacts with the plan-ters delivering the highly quali-fied seeds and instructing them on fertilization, culture and nurs-ing. The majority of the raw ma-terial is supplied by the neigh-bouring regions. For "Fordon" has about 500 hectares of con-tracted vegetables in the neigh-

A Sun-filled Glass

Export includes a broad assort-ment of fruit and vegetable pro-ducts.

The factory keeps a regular con-tact with scientific institutions and centres in order to maintain top quality of produced assort-ments and to improve their fur-ther production. The Section of the Building-up of Supply Bases, which organizes the production of raw materials needed for pro-cessing especially tomatoes for production of juices and concen-trates, conducts a large-scale agrotechnical activity, consul-tancy on varieties and cultivation of tomatoes and other vegetables, training courses, distribution and seedlings recommended and su-pervises plantation. Engineers, technicians-horticulturalists and other specialists are employed in the section.

Moreover, the specialists from the Production Supply Base orga-nize training conferences, cour-ses for leading farmers and out-

Marinated Beet

Blackberry compotes which, ow-ing to the production technology, retain almost all the vitamins and are regarded as a medicine, are in demand on many foreign markets. Cucumber conserves, which ow-ing to their savoury and nutritive values find themselves on the tables of housewives of many countries are just as much in de-mand.

But, the Factory No. 2 of Gdansk has been for many years specializ-ing in cucumber conserves, and especially in marinating beets. Connoisseurs assert that the

rhood. The short-distant and cient transport protects the cate raw material against nage. The reputation won by rdon" among buyers, it owes high degree to the steadily anding assortment. The Fac- produces at present over 50 ds of products. The factory oratory is a mine of resource- ness in the preparation of fruit vegetables. It prepares ne- r and newer recipes for tidbits fastidious buyers. Great ight is laid at the factory to ing the fruit-vegetable com-

positions taste good and have an aesthetic appearance.
Vitamin C is added to nectars to raise their nutritive value. Mixed nectars — black with red currants, are especially valuable and savoury. "Fordon" was given the quality sign for its black currant products. Jams are also highly valued. The Factory produces articles with low and high quantities of sugar at the request of clients.
Pasteurized potatoes are a new article in "Fordon's" production. The "Pierwiosnek" variety of potatoes, pared and packed in

1—3 kg tins in a slightly salty pickling solution with an addition of green dill enjoys great popularity in England and the Near East countries. The production process enables issuing a guarantee for top quality of the product even for two years.
"Fordon" products are packed in aesthetic glass, metal and plastic containers of various sizes, in conformity with the request of the client.
They are exported through the intermediation of the Foreign Trade Enterprise "AGROS".

(Jadzia).

nding planters, competitions fairs.
ncerned about preserving top oury values and the highest ritive values of the processed ducts, the Factory maintains ular contacts and cooperates h many scientific institutions faculties of many universi- . For instance, it cooperates h the Institute of Fermenta- Industry of Warsaw, with ulties of the Agricultural Uni- sity of Warsaw and the Łodź chnical University.
kaging of the products pro- sed is an important element , therefore, regular contacts maintained also in this field h the Chief Packaging Centre Warszawa. The Factory also many of its own specialists in s field, owing to which it has right to pass an opinion on the kaging of articles imported to and.
e principal responsibility of the tory is to produce savoury and olesome products, and there-

fore the Factory processes the raw materials, delivered in a possibly short time so that they would retain as many of the vitamin as possible. Tomatoes, for instance, are processed within two hours after delivery. Two lines of a daily processing capacity of about 400 tons facilitate rapid production. The method of high-speed sterilization, guaranteeing the preservation of the highest percentage of vitamins is used in the production of tomato juice.
All the workers of the Factory are on the alert to have articles produced that are savoury and wholesome. Only fruit vegetable varieties that are bought by contract are accepted for production, their quality being checked during the vegetative period. Specialists supervise the quality of the ripening fruit, especially of tomatoes. When raw materials are delivered to the factory, specialists examine their freshness, size and ripeness before accepting them.

Fruit and vegetables, which conform to all industrial production standards are accepted here.
The Factory has no trouble whatever with the sale of their products. They have received for them 17 medals — 1 gold and 5 silver, and also 70 diplomas.
The organoleptic values of products are an important factor in their production. Tomato juices and concentrates are in demand on many markets because, in addition to their nutritive values, they have a specific savour. Much importance is attached at the Factory to organoleptic problems, much laboratory work having been devoted to it in this field. The secret of the exceptional taste especially of the tomato juice products, lies in the proportions of used seasonings. They contain easily assimilable sugar, acid, mineral salts and C, A, B and PP vitamins. I examine its colour. The glass is full of strength and health giving sun.

W.O.

t marinated here have an irroducible taste and exceptio- nutritive value. The good lity of the product does not y depend on the technology of product, but it already begins the time the agreement is sig- l with the producer. The pro- cer in supplied with qualified ds of the right variety or the cies of the variety is indicated him. Farmers very willingly ede to sale contracts because y sow the beet as an after- p following potatoes, cauli- wers or cabbage. When the

thickness of the root conforms to the factory standard, the beet are harvested and delivered to the Factory. Here the producers meet with the evaluation of their crops. Strict classifiers sort the raw material delivered and accept it, or eventually — resign from the purchase — which rarely happens.
The marinated beet, prepared at the local factory, are most frequently exported to England, Australia, Spain, Lebanon, the Scandinavian countries, Czechoslovakia, GFR, GDR and USA.

The beet, cultivated on the coastal lands and fertile soil of Żuławy, possess special nutritive values and are unusual in shape. They contain simple sugars, C, PP, B_2, B_1, A and other vitamins. Moreover, they contain valuable salts facilitating digestion and mineral components such as sodium, potassium, calcium, magnesium, iron, phosphorus, sulphur and chloride.
These products are highly appreciated by all buyers and consumers.

(Oryl)

FOOD FROM POLAND

is to serve the promotion of Poland's export of agricultural-food products. In each issue ample space is devoted to products of animal origin exported by "ANIMEX" — the leading Polish foreign trade enterprise in this field. The firm is well familiar to foodstuffs dealers all the world over due to the remarkably high quality of its export offer. Our editors asked Mr. Zbigniew A. Ślusarski, Economic Director of ANIMEX, a few questions concerning topics of interest to our readers and ourselves.

Question :

Over the past 25-year period and especially during the recent years Polish foreigntr ade was developing at a very impressive rate. In this connection, could you comment on the significance and further prospects of the export of animal origin products carried out by ANIMEX?

Reply :

To begin with, I should like to say a few words about ANIMEX — one of the biggest foreign trade enterprises in Poland. Suffice it to say that our annual turnovers exceed 200 million dollars which has ensured us a position among Europe's leading exporters in the branch. ANIMEX is now approaching its 20th anniversary, but the Polish export of animal products has a much longer tradition. As early as in the inter-war period, such articles as becon, ham, meat preserves, butter and eggs were widely appreciated on world markets.

And thus, for instance, in a short time we shall have exported our bacon to Great Britain for 60 years. It was not much later that Polish hams and meat preserves began while the history of our butter exports is already over 40 years long.

In the post-war period, and particularly in the recent years, along with the industrialization of this country, the structure of our export was undergoing profound changes. Industrial articles and investment goods have taken top places on our export list and, accordingly, the share of animal products in our total exports decreased.

Thanks to its experienced staff of specialists, many of whom have followed their fathers in the trade, as well as to modern technology, ANIMEX can aspire to be a worthy continuator of fine, time-honoured traditions. The present efforts concentrate on the maintaining of the excellent rank which our products offered on foreign markets have already won.

This is guaranteed by the fast modernisation of the Polish food industry and its ambition to issue products that will fully comply with the tastes and wishes of our foreign partners and consumers, with regard to recipes, taste and packaging.

It is worth adding that ANIMEX exports are based on naturally bred animal raw material, which has a paramount effect on the taste, aroma, colour and fine quality of the products.

An attractive and important item of the ANIMEX export offer is game. Poland sells live game, game meat and preserves, the latter being regarded as a top-grade delicacy.

Question :

As the Economic Director of ANIMEX you attach a vital importance to the problem of marketing. How is it reflected in everyday commercial practice ?



"ANIMEX" the IV Salon International de l'Alimentation in Paris, 1970

Participation in international fairs and exhibitions, as well as in collective expositions held abroad by Polish foreign trade enterprises, and the organization of many an individual display, forms a major part of marketing and publicity activities of ANIMEX, the leading Polish exporter and importer of animal origin foodstuffs.

Great importance attached by the firm to these trade events is best illustrated by figures; and thus in 1969 alone ANIMEX took part in as many as 23 expositions abroad. The marked development of Polish food export to France observed over the past few years has been reflected, among other things, by the increasing share of the firm in international fairs and exhibitions which take place in that country. In addition to the occasional participation in the Dijon Fair; ANIMEX made a regular appearance at Salon International de l'Alimentation in Paris. It will be for the fourth time now at IV SIAL in 1970 that ANIMEX will come out with an attractive exposition of Polish food representing the wide range of commodities offered by the Enterprise to its clients abroad. In former years the stand of ANIMEX enjoyed interest on the part of French (and not only French) businessmen and the French public alike. Sampling of Polish foods presented by ANIMEX seemed to be one of more favourite attractions.

At the IV SIAL ANIMEX intends to draw upon the best tradition of the past years, enriching it with experience acquired during other international fairs and exhibitions.

The ANIMEX export offer at the IV SIAL will involve;

Hams and Canned Meats

— Hams and canned meats of KRAKUS and YANO trade-marks are part of our exports to France. Because of their fine quality, Polish hams and canned meats have won a firm position on numerous world markets, first of all, in the USA where they bear KRAKUS, ATALANTA and TALA trade-marks, in England — sold with PEK trade-mark and in the German Federal Republic — YANO trade-mark, as well as in a great many other countries. Foreign consumers have a great liking for the unique taste of our hams and meat products which is obtained as a result of natural fodder used in pig

eply :

be sure, marketing is my special concern. o up-to-date enterprise, whether industrial commercial, can survive without resorting modern marketing methods. Acting "in e dark" would inevitably lead to a drop in rnovers and a failure in market competition ruggle. ANIMEX exports find market mainly highly developed countries, such as the .S.A., Great Britain, Common Market ountries and others. As the aforementioned arkets are strongly competitive, grave eco-omic consequences would be entailed hould we underestimate marketing in our aily business practice, and as a result we ight well be ousted from our markets by ompetition.

ince marketing policies of ANIMEX con-itute a vast domain of our activity and ence cannot be given a fair analysis in brief statement like this, I shall confine yself to some essential problems only. Most attention goes to broadly conceived arket research and primarily to the investi-ation of demands for particular commodities nd of respective price trends, with due onsideration given to the activity of all artners on purchasing markets.

he research is carried out on the one hand y the Department of Economic Analysis of NIMEX and, in certain cases, also by pecialized foreign agencies with whom we rder investigations of specific market prob-ems.

he energies of the ANIMEX managerial taff are focused also on the correct and ffective organization of our markets. We re well aware of the importance of a well-rganized sales network as one of the essen-ial components of our export success. There-fore, in recognition of specific ways and customs of individual markets, we realize all forms of marketing that are encountered in the world trade nowadays. It is worth while to emphasize that the majority of ANIMEX exports are brand goods. By now such trade-marks as PEK, KRAKUS, ATALANTA or YANO have gained a well-established posi-tion on many markets.

In the export of brand commodities a tremen-dous role is played by retail packaging. Today, in the era of self-service and super-markets, a commodity displayed on a store shelf must be attractive enough to "sell" itself on its own. Recent efforts have gone a long way towards the modernisation of packaging of ANIMEX export articles, but although much has already been done to approach world standards in this respect, the process will be continued in the future.

Question :

Advertising of our exports abroad is a part of marketing and as we know ANIMEX can already boast of a certain experience in this sphere. Would you like to give us your opi-nion on the subject ?

Reply :

As I have mentioned before, ANIMEX ex-ports are directed chiefly to highly developed Western countries, i.e. to markets where competition is especially tough. That is why successful advertising, large-scale publicity and public relations activity are required in order to enter and remain on the market.

All up-to-date publicity media are put to use. These include press, radio, posters (displayed also on transportation vehicles) and, occa-sionally, television advertising. Our advertis-ing is addressed both to trade and the mase consumer — depending on the situation.

Furthermore, we take part in almost all major trade fair and food exhibitions held on markets which are of interest to us. In con-formity with the present-day trend in food advertising which provides for a direct con-tact with the consumer right in the store, we invest much effort in the "sales promotion" campaign, often combined with various competitions and other attractions. It is on the British market that ANIMEX has been most successful in this type of advertising.

The firm is very active in the sphere of pro-moting public relations on foreign markets. On the one side, the idea is to advertise the unique features of Polish-made products exported by our office. On the other side, we wish to maintain close and cordial relations with both our business partners and foreign consumers of Polish foodstuffs.

This line of our work is well illustrated by the British market where there exist three special clubs, namely, the club of Polish bacon im-porters, the club of PEK preserves impor-ters, called the PEK Club, and that of im-porters of dairy products. Each club has its own distinctive insignia; identical neck-ties and cuff links. Members of the most active of them, the Bacon Club, attend annual dinners and are invited to come on attractive tours of Poland. The tours are joined not only by bacon agents, but also by whole-salers deal-ing with the distribution of Polish bacon in Great Britain. Our work is thus aimed not only at supplying the finest-quality commo-dities, but also at extending lively and friendly relations with our purchasing markets.

Editors

cattle breeding and our time-production technologies. And ut not least in the opinion of fo-housewives is the maximum content in tins bearing the Polish nark.

Deep-frozen Poultry

eep-frozen poultry: turkeys, , geese and poultry in parts. h consumers develop a steadily ng appetite for Polish poultry, our exports of this article have n a distinctly upward trend for l years. Worth mentioning are prospects of ANIMEX export cks. The advantageous features tstanding musculature and deli-taste — of Polish poultry have very favourable appraisal on iggest purchasing markets; the an Federal Republic, Austria and erland. Relatively high retail pri-btained for our poultry are a con-g evidence of its remarkable etitive value.

Live Game

ve Game, deep-frozen game and of live game to France for breeding purposes has a long tradition, enabl-ing the importers — French hunting associations- to raise the number of heads of particular species of game in their hunting grounds. Those gour-mets who cannot take part in a hunt have within an easy reach deepfrozen game instead; wild fowl, hares, wild boars, fallow deer and canned venison of excellent taste.

Horses

— Horses for sport, riding and breed-ing, have a well-won reputation in horse-riding circles as well as among amateurs of this sport in Western Europe and overseas countries.

All those interested in our offer will be welcome and received with traditio-nal Polish hospitality at the ANIMEX stand. Both before and after the Fair any information required will be avail-able from representatives of ANI-MEX — ASIPAG, 109, Rue de l'Uni-versité, Paris 7e, while details concern-ing Polish game — from CENTRO-COMMERCE, 4, Rue St. Anne, Paris





POLISH POULTRY IN FRANCE

Bogumiła Gębicka

from Poland enjoys a well-deserved renown
ign markets. This is mainly because of our
breeding practice which is different from
posed by intensive farming conditions. Our
poultry is supplied primarily by small farms,
domestic fowl enjoy complete outdoor free-
day long, which accounts for an outstan-
usculature of carcasses and small fat layer.
at obtained from poultry bred in unspoilt
environment is free of any undesirable smell
ndustrialized feed used in large-scale breed-
ch as fish meal odour), and on the contrary is
erized by an appetizing flavour and superb

tures mentioned above explain the contin-
terest of French buyers in our products.
poultry deliveries to France date back to the
ut they reached stability only after 1964. First
es involved limited quantities of chickens,
y were followed by fine turkey meat which
favourable recognition of French gourmets.
ays a steady upward trend in the number of
ers of Polish ducks and geese can be obser-

Trade Enterprise ANIMEX supplies the
market with turkeys, ducks and geese in
hich are greatly popular with customers, there
promising prospects of a further considerable
e in demand.

Polish white turkey of the Beltsville breed is destined mainly for individual household needs, because of the moderate carcass weight, varying from 1,8 kg to 4 kg. It is worthwhile to emphasize the advantageous proportion of the weight of meat and bones found in this bird. All the above characteristics account for the fact that this breed is much sought after on the market parallel to the heavyweight turkey which finds its way primarily to catering establishments. The poultry intended for export is prepared as follows. Poultry slaughtered, plucked and dressed in a slaughter-house, is then packed in shrinkable plastic foil and dispatched directly, fresh or deep-frozen, to the French market. It is only recently that Polish ducks appeared on the French table, being served in various ways and offering a felicitous example of a harmony between a superior- quality raw material and mastery of the culinary art. Ou ducks are a valuable and attractive addition to the menu of poultry connoisseurs which has so far been confined mostly to fossorial fowl and particularly chickens. Also in the latter case ANIMEX complied with the preferences of consumers preparing rather small-weight carcasses (1,4 to 1,9 kg) in place of standard-weight units.

With regard to their valuable feathers, our ducks are kept for a few days prior to slaughter in spacious cages equipped with special net floors. And only afterwards they are slaughtered, plucked, dressed and wrapped in shrinkable foil bags. Recently new attractive items have been added to Polish poultry exports list. And thus French consumers now receive geese in parts, breasts and legs, fresh or deep-frozen, in unit packaging of hostaphan bags, individual portions weighing over 600 g. The geese from regions specializing in export breeding are practically unmatched in quality. Small wonder, their fine unique taste, especially if combined with suitable wine and additions, has a strong appeal to amateurs of tasty and nourishing dishes.

The career of Polish poultry on the French market proves that reputation of excellent cuisine does not have to rely exclusively on traditional menu, and just on the contrary, any novelty on the table can be welcome.

WORLD-WIDE EXPORTER OF DAILY PRODUCTS

Poland's geographical location in Central Europe and temperate climate zone, her relatively good soils and vast meadows and pasteures, create particularly propitious conditions for the development of farming and livestock breeding.

A special mention is due to the paramount importance of cattle breeding and the Polish dairy industry. With regard to the total milk production, now exceedng 14 billion litres annually, Poland ranks fifth in the world, after such "milk powers" as the USSR, the USA, France, the German Federal Republic. Poland s percentage share in the world milk production is estimated to be around 4 per cent.

Since the volume of milk production continues to substantially surpass the rapidly growing home demand, considerable quantities of milk can by earmarked for export. Owing to it, Poland belongs to major exporters of a broad assortment of dairy products.

Two breeds predominate in our cattle population, and these are the lowland black-white breed (Dutch type), prevailing in the planes (central and northern regions of Poland) and the red breed (otherwise domestic) which has much in common with the Danish type found mostly in highland (southern) regions of the country. The cattle are out at feed in pastures during over 6 months a year; natural green feeding stuff and access to natural water sources favourably affect the quality and taste of milk. In autumn and winter cows are fed with fodder and hay without any chemical or other admixtures, which allows to obtain aromatic, full-value milk. Efficient, well-organized medical veterinary service looks after the health of our animals. Milk purchase and processing has been traditionally handled by dairy co-operatives which successfully carry out their tasks in this sphere. The expansion of dairy industry in Poland will be best characterized by a handful of figures. In 1967 Poland had 527 district dairy co-operatives associating approximately one million members — milk producers, 845 milk processing plants and over 31 thousand milk purchase shops.

The excellent quality of Polish dairy products comes as a result of a great number of factors. And thus, in addition to the first-class raw material, we have the advantage of highly-qualified specialists, the most up-to-date technical equipment of dairy factories and an effective checking system of both production processes and ready products.

Poland's export of dairy products has fine and long-standing traditions. Over 40 years ago, in 1926, Polish butter was first delivered to Great Britain and it was in 1937 that our export of casein to that country was initiated.

In 1968 Poland was one of the world s leading exporters of butter and casein. To be quite precise, our butter exports reached the 20 thousand tons mark and Poland belonged to the group of the ten biggest exporters in the world, ranking fifth among world casein exporters after such countries as New Zealand, France, Australia and Argentina.

At present, Polish dairy products are available in a great number of countries in various climatic zones, being greatly appreciated for their supe quality. Over the recent period the assortment our dairy products has been considerably broade ned.

In 1968 Poland exported 35 thousand tons of dai products worth about 20 million dollars.

Our current export offer comprises the followin items;

— salted and unsalted fresh butter, both in whole sale packaging (wooden beech barrels holdin 50,8 kg net weight (112 lbs) and cartons of ne weight 25,4 kg or 56 lbs) and in retail packagin (bricks of 8 ozs wrapped in aluminium foil bearin the trade-mark "Polbrand"),

— hard cheese: Tilsit, Cheddar, Gouda and Edan varieties,offered in different shapes and unit weight packed in cases or cartons,

— acid casein (granulation: 30, 60 and 80/100 Mesh), packed in three-play paper bags and addi tionally in jute bags,

— powdered milk of the "Spray" type, full-fat, in wholesale packaging (three-ply paper bags with a polyethylene insert and next packed in jute bags), both as in semi-wholesale packaging (tins),

— condensed unsweetened milk in tins of 400 g packed in cartons.

The sole exporter of Polish dairy products is ANIMEX Import-Export Enterprise, Warszawa, Puławska 14. Phone: 45-40-61 to 69.
Telex: Animex Wa 814491

Antoni Płomiński



ASIPAG

09, rue de l'Université — Paris 7ème
Esplanade des Invalides — côté rue
abert)
hone : 555-23-10
elex : 27197 ASIPAG — PARIS
ables : ASIPAG — Paris 007

- *ASIPAG as a joint-stock French-olish Company represents Polish Fo-eign Trade Enterprises specialized in gricultural and food products.*

- *ASIPAG facilitates contacts with fo-eign partners. The personnel of the ompany is trilingual.*

SIPAG offers the following Polish rticles:

- *ham, sausages, cured and smoked eat products*

- *meat, canned meat, slaughter ani-als, draught animals*

- Game, poultry, game for reproduction
- Fish: live, deep-frozen and smoked
- Dairy products: butter, eggs, cheese, powdered milk
- Fruit, fruit pulps, fruit juices, jams, bilberries, black currants, wild strawberries, raspberries, red bilberries, plums
- Vegetables: cucumbers, gherkins, onions, red beets, sour cabbage
- Mushrooms
- Fruit and vegetables are offered fresh, dehydrated, deep-frozen or canned
- Ready-made dishes
- Confectionary products and honey
- Beverages: vodka, meads, beer.

lore detailed information is available n request from ASIPAG Joint-Stock ompany, Paris.

THE GROWTH OF FOOD INDUSTRY, A SOURCE OF OUR INCREASED EXPORT OFFER

Our talks with the staff of the Foreign Trade Enterprise "Agros"

Besides such foreign trade enterprises as HORTEX, POLCOOP and SPOŁEM, which are engaged in exporting articles produced by Polish cooperative organizations, a similar commodity assortment, but produced by the state industry, is offered for export by the Foreign Trade Enterprise AGROS. With this preliminary explanation, we pass to the actual subject.

How does the present commodity offer look?

The basic export assortment of AGROS is constituted of alcoholic drinks, hence all sorts of vodkas, fruit wines, drinkable meads and forest berries — bilberries, mushrooms, Chantarelles and Helvella — fresh, dried and frozen. Furthermore, we export fruit and vegetable products and their semi-products – produced by the state industry — an interesting assortment of confectionery products and tobacco and cigarettes. Owing to the dynamic expansion of our food industry, the possibilities are continually becoming greater for offering for export increasing quantities of better and better articles. But it is well known that the possibilities of complementing export offers both of AGROS and of other exporters depend not only on the supply but also on the demand and on the competitive possibilities on world markets.

Owing to the excellent quality of our products, we have so far managed

cope with even the
ngest competition.
l as far as forest un-
growth products are
cerned, we are the
dominant supplier on
world market.

rth stressing is that
essential value of our
ducts is the fact that
producers try to re-
to the maximum de-
e their naturalness.

d, as everyone knows,
ny food products pro-
ed in other countries
submitted to various
micalization proces-
which reduce the
olesome and organo-
tic values. Note, that
ndards of wholesome-
s in force in Poland
ing the production of
d articles are very
ct, they even are
ong the strictest in the
rld. Owing to these
perties of our pro-
cts, the export of
ROS is growing with
h year. Undoubtedly,
possibilities of an in-
ase in farm product-
and thereby of the
mmodity pool intended
export are consider-
y more limited than
alogous possibilities
industry. And that li-
ts to a high degree our
port. AGROS, how-
er, is making an effort
see that concluded
ntracts would always
fulfilled.

nety per cent of the
GROS export is lo-
ted in countries of
est Europe. This fact
mpells us to trace the
ndencies occurring on
orld markets. The need
conduct a flexible trade
licy issues thereform.

A change in the demand on foreign markets causes an immediate adaptation on our part to the needs and requirements of our foreign customers. We maintain a close cooperation for this purpose with our domestic suppliers. This enables us to exert our influence on carrying out changes toward the production of articles generally sought by foreign merchants. Owing to this, we are able to introduce increasingly attractive articles on foreign markets.

We must pass from matters of general interest to definite matters concerning products. Let us, therefore begin with the commodity which constitutes the essential export assortment of the Foreign Trade Enterprise AGROS. Poland is, as AGROS businessmen say, the fatherland of vodkas and, they say, from here it has spread throughout the world, where it is making a staggering career. To substantiate this, data is cited on this export in hectoliter quantities for the last three years. And so in 1966, the export reached 32,262 thousand hectoliters, in 1967 — 48,069 thousand hectoliters, in 1968 — 60,170 thousand hectoliters of vodka exported to the world. As AGROS representatives assure us, a similar dynamic growth has also included drinkable meads and pasteurized fruit. There are also certain assortments, the demand for which exceeds the export capacity of AGROS.

Where does the source of such a dynamic growth lie?

In the quality and the broad appreciation of our vodkas. First place belongs to Vyborova Vodka. The fact is known that these drinks have been awarded prizes many times at Olympics and quality contests. A gold medal for "Vyborova Vodka" and a silver one for "Żubrówka" were obtained at the World Olympics of Alcohol Quality in 1967 in Paris, a gold medal for "Extra Żytnia", won at the Fall Fair of Leipzig in 1968, and the same kind of medal for "Cherry Cordial" won at the Spring Fair of Leipzig in 1969, confirm the high ranking of our drinks on the world market.

Our enterprise exports vodkas at present to 65 countries.

We shall now devote a few words to confectionery products The confectionery products, which are exported by our firm, can be divided into the following commodity groups: "Candies", "Confectionery pastry", "Chocolate products" and "Oriental products". Not all the four commodity groups mentioned will be given equal priority in export. We wish to offer our customers in the proximate period our commodity assortment of the candy group.

Export of confectionery products has shown an increase for several years. We wish to maintain this tendency and expect that the increased sale of these products will grow by 25 per cent up to 1975.

We wish to attain this growth by meeting the requirements of clients as regards quality, extending the period of guarantee for products offered and especially in complying with the wishes of importers as regards packaging of our products.

For the proximate period (up to 1975), Foreign Trade Enterprise AGROS is planning to increase export of almost all the products offered. The increase will not be so intensive, however, as it was in the years 1960—1966, and not the same for all products. We assume an average 50 per cent increase of export for the period discussed. Our Enterprise, following the requirements of the hygiene of nutrition, which more and more influence the demand for agricultural-food products, will direct to the market increasingly more frozen fruit.

At present we are in the course of introducing on markets two kinds of juices — mixed vegetable and fruit, which we are offering in a very attractive packaging (aluminum tins of 0.34 l content with a split pin). We hope that the juices will meet with appreciation of the customers and we shall expand the export of these articles on a large scale.

Interviewed by JOT



With

the sign

Polmos



Alcohol drinks have an unusually long tradition in Poland. The many Italian merchants, statesmen, kings and travellers, who had visited our country in the past and became acquainted with the customs and traditions of its inhabitants wrote about a number of diverse interesting details pertaining to the production of vodka and its high quality as compared with the alcoholic drinks of other countries. And so, an Italian, for instance, — Fluvius Ruggieri, writing in 1568 of his impressions of Poland, informs at the same time the inhabitants of Rome of the minutest details concerning the production of Polish vodka. Another Italian — Hieronime Lippmano, a deputy of Venice, characterizing Polish laws and customs of 1575, mentions many Polish alcoholic drinks and writes very comprehensively about vodka.

Also the merchant — Galeario Marescotti, presenting a picture of the life and customs which prevailed at the Royal Court of Poland in 1670—1671 — wrote, among others, "they drink much beer, mead and vodka". We find similar information in many other memoirists.

With the sign

Polmos

Moreover, trade in vodkas has from the oldest times been one of the items of greatest consequence in the incomes of kings, princes, magnates and the gentry, which is, besides, shown in the many privileges and rights granted over centuries in our country The rights granted over centuries did not expire unti during the current century, to be exact on January 1st, 1910 when the monopoly for the production of alcohol was taken over by the state.

Much has been changed in the technique of spirits production over the hundreds of years. Improved apparatus has been introduced, distillation was accelerated, refining was perfected.

Professionals however regard the grains of corns, used in Poland, as the best raw material for the production of alcoholic drinks — vodkas. Rye is given first place. Therefore, formerly just as today, alcohol is produced in Poland exclusively from rye, and the

In Poland the production of rye alcohol, inter for export, is in the hands of special plants (di leries), situated in Cieplice Zdrój.

Our readers are probably interested in the answe the question:

Why is Polish alcohol and the vodkas produ from it so highly evaluated throughout the wor The manager of the distillery in Cieplice, subordi ted to the Wrocław Alcohol Industry Plant gives answer to the question — "a good product can o be obtained from good raw material, and theref we use only consumption rye of the highest qua for the production of alcohol, that is of the fi standard. Such rye must be well developed, sou pure and derived from the yields of the previo year. Obviously it cannot be contaminated by a kind of chemicals, used sometimes for storing or c gas be used to control pests attacking it.

One must stress that the rye derived from our clima areas has just these components, which are of b nefit for the quality of the alcohol which is made o Besides good raw material, the results of producti are decided also by the right technology. The o used in Cieplice, has passed its vital examinati The alcohol produced by the Cieplice Distillery b longs to the highest grades in the world: it is pu strong and has all the good features of this p duct enabling its use for the production of vodka already called by ancients aqua vitae — "the wa of life".

On our part, we should yet like to add, that contra to many producers from other countries, Polish alc hol products are made exclusively from natural ra materials (juices, honey etc), especially select and conforming to the requirements of top qual standards.

Not without significance is the fact that Polish vo kas are delivered in more and more attractive pa kaging, provided with the newest closing devic After all, the Polish alcohol industry attaches no le weight to packaging than to the quality of the pr ducts, having made very much progress along th line.

In consequence of the constant care for quali Polish alcohol products have been highly evaluat by eminent professionals of world fame. Poli vodkas have been awarded a great number of meda and distinctions outside of the boundaries of th country. And so, over the last several years, Poli vodkas with the sign "Polmos" have won joint 12 gold, 16 silver and one bronze medal at interna tional enterprises in Brussels, Leipzig, Ljubljana an Paris. To conclude, we should like to once mo remind that the exclusive exporter of Polish vodk and other alcoholic drinks is the Foreign Trad Enterprise

AGROS

Please direct requests for offers to the addres

Agros — Warszawa

Poland

Zurawia St. 32/21 tel. 21–64–21

Alcoholic Cocktails

however, that it is always served excellently chilled and always to go with certain dishes.
The most modern form of serving alcohol is to prepare a cocktail, composed of various kinds of alcohols or it is only one of the components, the taste of which is improved by diverse nonalcoholic admixtures. Hence, several suggestions of ours :

Coctail "Bambo"

1/4 l Vyborova Vodka
the same quantity of grapefruit juice
1 wine glass of dry Vermouth
Pour into glasses containing an ice cube.
Straws can be given for drinking.

Coffee Cocktail

1/2 l Vyborova Vodka
1 glass of infusion made from 4 dgk finely ground coffee (cold infusion
1/2 glass sugar
1 vanilla pod
a glass rum
Make a coffee infustion adding vanilla cut lengthwise and sugar. Cool the infusion, mix with vodka and rum.
Put a cube of ice into the prepared glasses and pour over the cooled mixture.

Dry Tomato Cocktail

1/4 l Vyborova Vodka
1/4 l tomato juice
1 glass wine — dry Vermouth
Mix, add ice cubes.

Orange Cocktail

1/2 l Vyborova Vodka
1 tablespoon sugar
1 glass orange juice and grated rind of 1 orange
1 orange
ice cubes
Add orange juice, sugar and grated orange peel to vodka. Mix thoroughly. Put one slice of rinsed orange with rind into each glass or champagne glass and an ice cube, then pour chilled mixture. Serve with spoons.

Orange Cocktail with Soda Water

1/4 l vodka
1/4 l orange juice
2 teaspoons of syrup with boiled sliced vanilla
Add 1 glass of crushed ice to the mixture and up to 1 liter soda water. Put an evenly cut and notched slice of orange on the edge of the glass. Serve with straws.

Spiced Hot Mead

1 glass honey
2 tablespoons sugar
1 cinnamon stick
3—4 cloves
1/3 l Vyborova Vodka
Brown sugar to a caramel, dissolve adding 1/4 glass bot water. Add melted caramel to the honey and boil with seasonings. Remove the boiling honey from the stove, add Vyborova Vodka, mix, and cover. Pour hot after 10 minutes into porcelain barrels or small bowls.
Excellent for winter sledging cavalcades, excursions — excellent for warming up.

Peppermint Cocktail

1 glass Vyborova Vodka
1 tablespoon peppermint liqueur
1 tablespoon lemon juice
1 glass soda water
Pour on ice cubes into glasses.

Apricot Cocktail

100 g apircot pomace
1 tablespoon sugar
100 grams vanilla ice cream
150 grams Vyborova Vodka
If pomace is unavailable, crush boiled fruit from a compote, add sugar — powdered is best — and vanilla ice cream. Mix, add Vodka at the end. The cocktail should be chilled.

Almond-Apricot Cocktail

1 tablespoon of almonds (pulp)
1 tablespoon powdered cocoa
2—3 tablespoons milk
1 tablespoon sugar
100 grams vanilla ice cream
1/4 l Vyborova Vodka
1 tablespoon rum
Parboil almonds, remove skins and cruhs to a pulp. Add milk, sugar and cocoa. Mix thoroughly, add ice cream and Vodka at the end.

Raspberry Cocktail

100 grams raspberry pomace (in winter from frozen raspberries)
1 teaspoon lemon juice
1 teaspoon sugar
100 g vanilla ice cream
150 grams Vodka Vyborove
Mix pomace or frozen strawberries wiht sugar and lemon juice. Add ice cream, and at the end VyborovaVodka.Mix thoroughly before serving.

Tuttifrutti Cocktail

1 glass mixed fruit juice
1 teaspoon sugar
1 glass Vermouth
1 glass Vyborova Vodka
1 glass finely crushed ice
Mix all ingredients thoroughly — chill and pour nto glasses prepare with Ice.

Black Currant Cocktail

1 glass black currant juice
1/2 glass semidry red wine
1 glass Vyborova Vodka
sugar to taste
ice for goblets
Mix all ingredients. Taste, add, if needed, sugar to taste. Serve in goblets with ice.

"SPOŁEM"

SPOŁEM Foreign Trade Departament deals in the export of products supplied by co-operatives associated in the Union of Consumers' Co-operative Societies SPOŁEM. The SPOŁEM Union, one of Poland's oldest co-operative organization which recently celebrated its 100th anniversary, is well known all over the world and boasts of fine traditions in the sphere of international trade contacts. The SPOŁEM Foreign Trade Departament is engaged in the export of food and agricultural products and in the import of citrus fruits, tea and spices. The following are the two main groups of commodities which make up the export offer of SPOŁEM:

— confectionary articles

— deep-frozen rabbit carcasses.

Confectionary products are represented, first of all, by dozens of assortments of hard and filled candies. Of those most popular abroad are honey candies, cream candies ("Cream Fudges"), as well as "Assorted Viennese Fruit Bonbons" and chocolate candies "Choco Luxus Sweets".

A mention must be made of the steadily rising demand for Lollypops offered in different sizes (from 7 g to 56 g) and shapes, including those of flowers, animals, faces, and others.

SPOŁEM sweet exports are not confined to candies alone. The firm is a renowned exporter of confectionary bakery "Całuski" honey biscuits and a rich selection of other biscuits, both as of confectionary pastries, such as poppy-seed cakes and honey cakes. Dessert chocolates, plums and cherries in chocolate and an excellent mead "Babunia" complete the attractive list.

All the above-listed products are manufactured in co-operative enterprises whose long-standing experience is the best guarantee of the outstanding quality and fine taste.

Apart from that, SPOŁEM enjoys a well-deserved reputation as the exporter of deep-frozen rabbit carcasses. Rabbits for export are bred in natural conditions and the carcasses produced in modern SPOŁEM plants.

SPOŁEM



WARSZAWA, GRAŻYNY 13, POLSKA
Telex: 81306 Spolemex-Wa

A known Exporter of Daily Products



Interview with Mr Jerzy Rutkowski

The Foreign Trade Enterprise ROLIMPEX belongs to the oldest post-war Polish enterprises exporting agricultural-food products.

In connection with the twenty-year jubilee of the trade activities, the representative of our editing board interviewed Mr. Jerzy Rutkowski, M.A. the Managing Director of ROLIMPEX. The talk principally concerned matters, which can be formulated in the following items — questions:

1. What is the range of the export and import of agricultural-food products that are at present included in the activities of ROLIMPEX?

2. Specialized international organizations play a great role in the exchange of agricultural-food products. What part does ROLIMPEX play in the work of these organizations?

3. What are the export plans of the Foreign Trade Enterprise ROLIMPEX for the nearest future (very briefly)?

The replies given us by Mr. Jerzy Rutkowski are as follows:

Reply to the first question:
ROLIMPEX is a state enterprise which deals with the export and import of agricultural-food commodities of plant derivation.
The enterprise will celebrate in 1970 the 20th anniversary of its existance. Polish export of farm products has a tradition of many years. Such commodities as barley, sugar, malt, hops, potato products and seeds are objects of Polish export for decades. On the basis of a tradition of many years, our enterprise has become a specialized exporter of farm products, known and appreciated on European and overseas markets. We have a highly qualified personnel of professional experts. The Foreign Trade Enterprise ROLIMPEX also deals with import. We buy for the needs of the dynamically expanding national economy a number of agricultural commodities and raw materials such as: special varieties of wheat, fodders with a high protein content, rice, oleaginous seeds, oils and fats of certain seeds. Our suppliers are industrial establishments and enterprises — highly specialized in their line, dealing with the internal turnover in farm products. The quality of the exported commodities is guaranteed by a well functioning supervisory network and, inter alia, by internal quality control of those supplying commodities for export, by the obligatory supervision carried out officially by the special unit appointed for the purpose, CIS — Polish Quality Inspection Office and as regards seeds — by 7 Seed Appraisal Stations (SON) which are members of ISTA (International Seed Testing Association) and are authorized to issue international "orange" certificates
Reply to question two:
Our Enterprise is a member of a number of international organizations.
Thus we belong to:
— Union Européenne du Commerce de Roublon
— Fédération Internationale du Commerce de Semenées (FIS)
— Indian-Polish Trade and Industrial Chamber of Commerce
— Polish-Belgium-Luxemburg Chamber of Commerce
— Finnish-Polish Merchants' Association
— Swedish-Polish Chamber of Commerce
— Polish-Jugoslaw Chamber of Commerce.
ROLIMPEX representatives take an active part in the work of the International Seed Testing Association (Ista) and also of the Institut International de Recherches Betteravieres (IIRB). Note, that by strictly observing the regulations as to purity of varieties and absolute conformity to the regulations concerning seed quality, the Polish seed qualification system has been accepted and adopted by the OECD system (Organization for Economic Cooperation and Development).
Owing to this, Poland has become one of the biggest seed exporters in Europe. The entire export of seeds is carried out by the Foreign Trade Enterprise ROLIMPEX.
I should also like to add that the representatives of our Enterprise take an active part in the work and consultations, organized by FAO, and concerning the commodities which are the objects of turnover and of interest to ROLIMPEX.
Reply to question three:
Taking into consideration that the demand of our own market for food-agricultural products is steadily growing — which is the effect both of the general increase in the population in our country and of the rapidly rising standard of living, we anticipate that the surpluses in agricultural products which might be items for export will not be larger as regards quantity in the nearest future. We are intending, however, to increase export of finer products, of top quality and a higher degree of processing. That should bring an increase in the value of our export turnover.
Such products as top quality hops, brewery barley and malt, refined sugar in special packages, products of the potato industry and especially all kinds of derivatives, rape seed, oil seeds, beet pulp pellets, will be objects of our export. Our concern will be to guarantee top quality.

Interviewer: J. Korzeniowski



RADE-MARKS OF POLISH FOOD PRODUCTS

he Polish export of agricultural-food products has a tradition of long anding.

ood products in Poland are well known both by merchants and wide asses of consumers of the entire world. Polish food is greatly appre-ated in the countries of Europe, the USA and Canada.

order to facilitate customers acquisition of the wanted food pro-ucts from Poland, we are presenting labels with the trade-marks lorning certain wrappings of agricultural-food products exported om Poland.

RAKUS — the trade-mark of fruit-vegetable products exported by the foreign trade enterprises: AGROS, HORTEX, POLCOOP.

OLMOS — all vodkas and liqueurs also exported by the foreign trade enterprise AGROS are marked by this trade-mark.

l the kinds and varieties of meat exported by Polish foreign trade nterprises are provided with the following trade-marks, as de-nding on the market:

RAKUS — trade-mark for Western Europe, the USA and Canada.
ANO — for GFR markets
EK — for English markets
TALANTA — for USA markets
ALA — for USA markets

olish Export Butter is labelled with the trade-mark POLBRAND


KRAKUS
Plum
Jam
Strawberry
Jam
PICKLED DILL
CUCUMBERS
PRODUCT OF POLAND
AGROS
STRAWBERRY
SYRUP
HORTEX
BRAND
KRAKUS

the past few years
been a marked increase in
sphere of Poland's export
a fish, both live and frozen
. for instance, the sales of
ed frozen fish have exceeded
housand tons, of which 6,2
sand tons have been pur-
ed by the U.S.A.) Various
s of fresh-water fish and
ed fish have been found in
dance in our export offer.
968 Polish fish and canned
exports totalled 44.5 thou-
tons.

export of fish is carried
y the Foreign Trade Enter-
RYBEX based in Szcze-
The bright prospects for
ther continued growth of
exports are closely related
he rapid expansion of the
h fishing fleet as well as to
worldwide reputation of our
building industry in the ran-
fishing craft construction.

RYBEX

TIVITIES AND PROSPECTS

FUTHER DEVELOPMENT

dzimierz Sońta, Managing Director of the Foreign Trade Office RYBEX to express his opinion on the current situation in the fishing industry and export activities of the Enterprise. Director Sońta has made the following statement:

"All over the world we are witnessing a very dynamic expansion of sea fishing. A threefold increase in catches has been noted as compared with the period of 1945—1950. The high rate of growth has been necessitated, first of all, by the pressing need to supplement the existing deficit of animal protein in the human fare.

The rapid development of sea fisheries is also due to the fact that possibilities of increasing slaughter animal production by farmers are far more limited and require a much longer period of time than fish production. The scale of the latter is practically unlimited and the production cost of fish protein is lower than that of other animal protein. The interest in the expansion of sea fisheries is shown nowadys not only by countries which boast of age-old traditions and great experience in this field, but also by those countries which until now have never undertaken industrial-scale fishing. Poland belongs to the latter category".

Poland's Fisheries against the Background of World Trends

The Polish fishing industry ranks among the most dynamic branches of our economy. Suffice it to say that the last decade alone brought a threefold increase in the fishing fleet tonnage, in sea fishing and the production of fish preserves.

The most up-to-date fishing vessels have been put into operation. These are, first of all, deep-freezer trawlers and factory ships with high production potentialities, designed for exploitation in the most remote sea and ocean fishing grounds. This has been made possible by the outstanding achievements of the Polish shipbuilding industry which now holds the first place in the world regarding



onstruction of fishing vessels. Modern -sea factory ships, refrigerated vessels ther have allowed us to expand our e beyond traditional fishing areas. At ent we are fishing mostly in the northern, al and southern regions of the Atlantic. he quantity and assortment of catches accordingly, fish preserves have grown, fishing industry has been able both to fy home demands and to export ever-easing quantities of fish (frozen, salted, and canned) to foreign markets of al continents.

e, Co-operative and Private Enterprises

basic tasks in the sphere of fishing uction and sales are implemented by erous state enterprises. Some of them as, nstance, "Dalmor" in Gdynia, PPDiUR -Sea Fishing and Fishing Services rprise "Odra" in Swinoujście or PPDiUR f" in Szczecin, are huge fish processing bines. In addition, we have a great ber of coastal fishing enterprises, both erative and private. The Central Inspec-Office and voivodeship sanitary inspecto- carry out supervision of merchandise ty and packaging, and thus eliminate deviation from contract terms. Careful king by experts ensures the highest ible quality of exports.

Central Laboratory and the Maritime ing Institute (both in Gdynia), as well he Island Fishing Institute and the time Institute in Gdańsk, which engage cientific research on fishing, can offer assistance that practitioners — fishing rprises might need. This scientific gui-e covers solving biological, hydrobiolo- and technological questions of fishing fish processing, and collecting data h enable fishing enterprises to choose richest fishing grounds and the most ctive fishing and processing methods.
ishing industry enterprises are admini-ed by the Fisheries Central Board.

connection with the above mentioned tity and assortment increase in fishing and fish processing, the trade activities of the Fisheries Central Board have gone in two basic directions :
1) home trade, 2) foreign trade.

RYBEX Export Offer

At the initial stage foreign trade in the sphere of fish and fish preserves has been entrusted to two economic organizations, namely : ANIMEX Import-Export Enterprise and the Fisheries Central Board.
Practice had proved, however, that all foreign trade activities in the area of fish and fish preserves should be handled by one organization and in close cooperation with the fishing industry, too. Consequently, in 1967, the authorities decided to transamit foreign trade functions to the fishing industry and established the Foreign Trade Office RYBEX at the Fisheries Central Board in Szczecin.

Beginning on January 1, 1968, RYBEX embarked upon full-scale export-import activity in the range of fish and fish preserves. The following commodity groups are exported by RYBEX ;

1. Frozen sea fish, round or dressed, and fillets of cod, rosefish and others, delivered to such countries as Nigeria, Liberia, Ghana, the U.S.A., Ivory Coast, Greece, Yugoslavia, Italy, Belgium, the German Federal Republic, Czechoslovakia, Rumania, Hungary, the German Democratic Republic.

2. Freshwater fish, live, frozen and smoked. These are purchased by the German Federal Republic, Holland, Denmark, Sweden, England, Austria, Italy, Hungary. Our live crayfish is imported by France, Sweden, Belgium, Danmark, Switzerland and Luxemburg.

3. Fish preserves are supplied to 50 countries, mainly to Hungary, Greece, the German Federal Republic, Austria, France, England Sweden, Czechoslovakia, Jordan, Kenya,, Tanzania, Ghana, Nigeria, Liberia, Egypt, Sierra Leone, Australia, the U.S.A. and Brazil.

4. Fish oils (including medicinal fish oil).

At the same time RYBEX imports the fo lowing articles ;

a. Fish meal
b. Fresh water fry and roe
c. Aquarium fish
d. Natural sponge.

RYBEX has made it the objective of it efforts that relations with all partners both old and new ones, shall contribute to further promotion of mutual trade turnovers Transportation means employed for deliver ing commodities depend on the kind an size of consignment, as well as on the plac of destination. In fact, RYBEX has at it disposal any type of transportation require in order to ensure the fine quality of product and their timely delivery.

And thus, frozen fish is usually delivered directly by fishing craft. Some lots of fish especially when delivered to the U.S.A. ar shipped by merchant cooling vessels. Smalle lots are dispatched by railway or in refrige rated trucks.

Live fish are transported in special pool vans and in the case of smaller lots — in poo trucks.

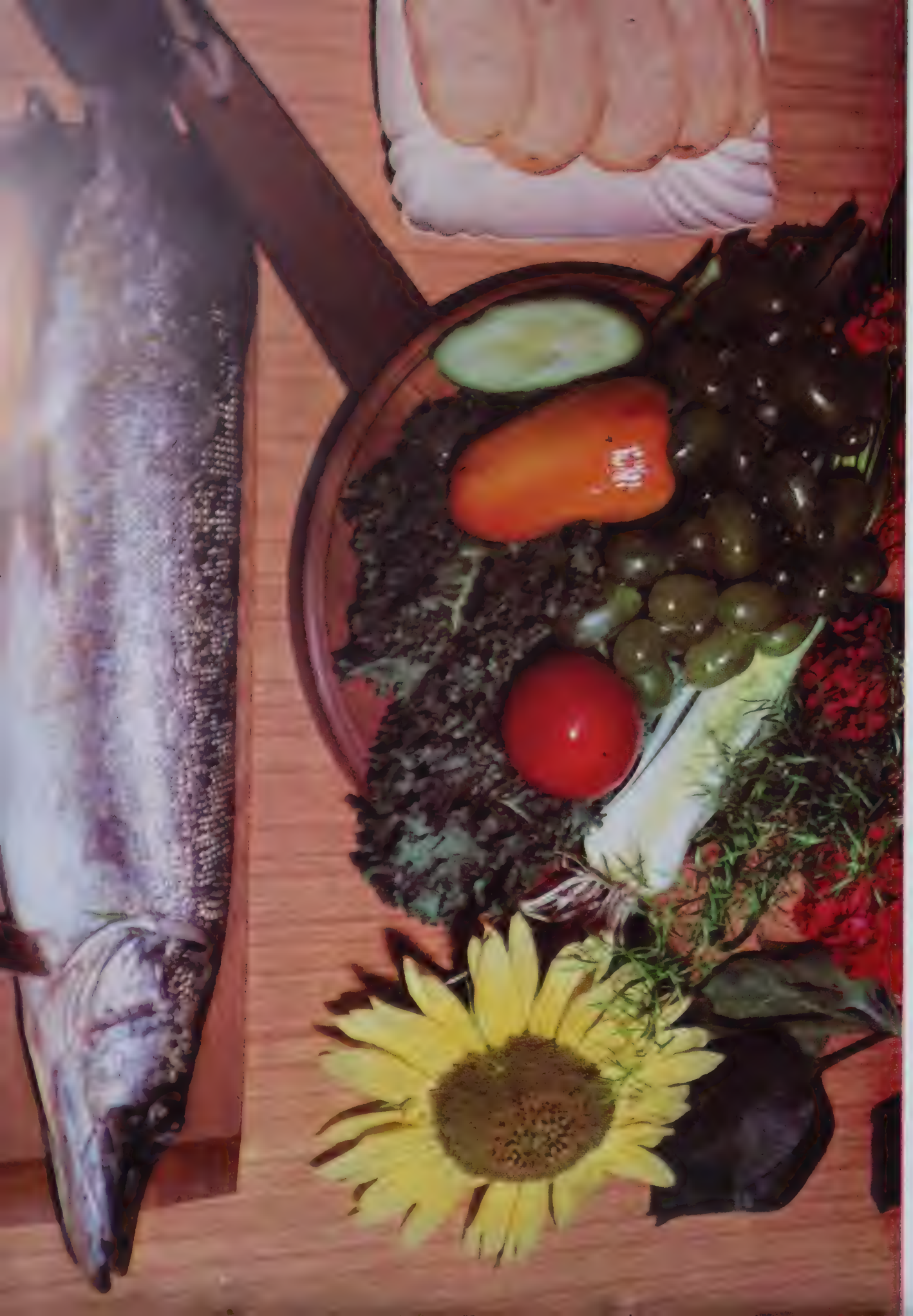
Fish preserves are delivered to European countries by train and to overseas countries by merchant vessels.

Air transport is required for crayfish and other urgent consignments.

RYBEX — a foreign trade office and, simul-taneously, a part of the Fisheries Centra Board, is in a position to influence the export production of fishing and fish-processing enterprises, and to obtain produce which will fully meet the requirements of our present and future buyers abroad.

It is worth remembering that RYBEX welcomes any questions and letters concern-ing its export and import activities in the range of fish products. All enquiries are to be addressed to RYBEX, Szczecin, Odro-wąża 1, Phone 246 29.







RYBEX


Baltic
sprats
SMOKED FUMES-GARÄUCHERT
PICKLED EEL
INKOKT AL
JELLIED
PICKLED EEL

MADE IN POLAND

POLISH FOREIGN TRADE ENTERPRISES AT INTERNATIONAL FOOD FAIRS

In the course of centuries fairs have passed over a long road of evolution.

Some fairs have lost their significance whereas other have survived until the present.

But, whatever period of history we take we find that the characteristic features of fairs and exhibitions are always the same. They are to exhibit goods destined for exchange or sale, — to convince customers of the value of the products offered — to fix terms of delivery, collection and payment — to learn what the buyers want and like — to compare our products with the products shown by other exhibitors.

The number of fairs, exhibitions and other events of this kind organized each year to promote international trade is comparatively high and can be put on the world scale without making any great error, at approximately 1000. Many of these events have a local and specialized character. By established practice, they confine themselves only to exhibitors from neighbouring countries.

There are also situations when producers and businessmen from a certain region are interested in displaying only their own economic achievements — for instance — the participation of Polish enterprises in the frequently organized exhibitions called "Polish Days".

As to the participation of Polish foreign trade enterprises in international fairs and exhibitions, we wish to confine ourselves only to those state and cooperative enterprises which deal in food products. Their participation in those events has been steadily growing. In 1969 they took part in 80 various fairs and exhibitions. These products also include Polish vodkas. In 1969 as in previous years, our "Cherry Brandy" won a gold medal at the Leipzig Fair.

Foreign businessmen and the general public will be able to meet Polish exhibitors of food commodities at many fairs and exhibitions that are to be held in 1970. The number of Polish exhibitors will not be smaller than in 1969. Even today there is every reason to believe that they will turn up with their goods in Bologna, Brussels, Frankfurt, Glasgow, Goteborg, Erfurt, Innsbruck, Jonkoping, Cologne, Saarbrucken, Stockholm, Sao Paulo, Utrecht and Vienna. It is also expected that, as in previous years, "Polish Days" will be held in Czechoslovakia, Denmark, Japan, the GFR, Great Britain, Italy and in the Soviet Union.

The guiding principle followed by Polish exhibitors of food products is to show the steps taken to meet the requirements and wishes of traditional buyers of our products. They want to show the new modern technical processes that we apply to improve the quality of goods, the form and attractive packaging, labelling and marking.

The steady advancement of science and technology enables customers to be fully informed of the new technology used in our country in the production of food products destined for export. Poland is conducting expensive research work on health protection. The research results show that the chemical agents should be chosen carefully and used with caution. A great deal of attention is being attached to preserve the natural properties and values of foods and to avoid excessive use of chemicals in agricultural production. The analyses conducted in our country show that a number of articles that we are exporting preserve all the characteristics of the natural product. To these articles belong: eggs in shells, fresh and frozen meat, vegetable fruit, forest berries, lake fish and poultry.

Subjected to further preserving by means of cooling and then transported to buyers' storerooms in refrigeration lorries, the products retain their taste and full nutritive values.

To underline these qualities of our products and to show them either frozen or cooled in refrigerating display cabinets during fairs and exhibitions is of vital importance and meets with the interest of customers; this expresses itself in the growing exports of our food articles.

The participation of Polish foreign trade enterprises in international fairs and exhibitions does not confine itself only to technological and commercial activities.

The analyses of public opinion in the countries in which Polish articles have been displayed show that trade fairs enable to acquaint public opinion abroad with our economic achievements and adap our production to meet the wishes of our steady customers.

In our opinion fairs and exhibitions constitute an important factor of international cooperation.

Jan Serwatowski

All those interested in extending trade relations with Polish food exporters are invited to pay a visit to our pavilions; this will be the best opportunity to get acquainted with our current export offer as well as to have a taste of Polish food. See you at our stands in 1970

Country	Name and place of trade event		Date
German Federal Republic	Polish Days	—Dusseldorf	January — February
German Democratic Republic	International Fair	—Leipzig	March
Great Britain	Ideal Home Exhibition	—London	March
Italy	International Fair	—Milan	April
Great Britain	Scotland's Food Exhibition	—Glasgow	April
Spain	Feria del Campo	—Madrid	May — June
Austria	International Fair	—Insbruck	September
Austria	International Fair	—Vienna	September
Belgium	International Fair	—Brussels	April
France	"Sial"	—Paris	October
Sweden	"Interrest"	—Goteborg	November
Great Britain	Polish Days	—Birmingham	3rd or 4th Quarter of 1970
Italy	Polish Days	—Rome, Milan or Turin	4th Quarter of 1970

(At the time of publication of the present issue of our magazine we did not possess all the data concernig other international trade events which are to take place. Those will be published as soon as they are available. Editors.)

We cordially invite our readers to pay a visit to the Poznań International Fair which will be held between the 14th and 24th June, 1970.

FOREIGN TRADE ENTERPRISE

"POLCOOP"

POLCOOP Foreign Trade Office is the exporter of agricultural and food products of plant and animal origin purchased by or processed in enterprises run by co-operatives of the Central Agricultural Union of "Samopomoc Chłopska".
It is worthwhile to know that this year the wide choice of POLCOOP exports has been further enlarged and at present the company is in a position to deliver the following items:

CONSUMPTION SEEDS

— Polish blue poppy seed
— white beans, "Piękny Jaś", "Bomba" and "Medium" varietries
— "Victoria" peas, diameter 6—7 mm, in new retail packaging consisting of 0.5 kg carton boxes.

FOREST CROPS

Various kinds of mushrooms:
— marinated mushrooms: edible boletus, Suillus luteus, Saffron Milk Cup, agaric, chanterelle, honey-coloured agaric
— mushrooms in brine: bay Boletus, Suillus luteus, agaric, chanterelle
— appertized mushrooms
— dried Gyromitra esculenta
— also: cones and acorns

MEAT PRODUCTS

These include a vast selection of delicious meat preserves, both as mixed meat-and-vegetable preserves and other meat articles.
Among the meat products offered you will find:
— deep-frozen horse meat in blocks
— deep-frozen guinea fowls in polyethylene bags
— deep-frozen rabbits available in three different kinds of packaging: polyethylene bags, in parts on trays or packed in hostaphan.
In the range of meat preserves and meat-vegetable preserves POLCOOP delivers the following items: "Podhale" meat preserve, excellent pate de foie and poultry pate, frankfurters, beans with pork, mutton ragout, beef stew, tripes.
We take pleasure in recommending the below-listed novelties:
— breakfast titbit in tins holding 300 g
— beef with peas in tins holding 400 g
— beef with beans in tins holding 400 g
— beef with vegetables in tins holding 400 g
and
— beef in its own sauce offered in glass jars of 500 g or tins of 300 g.

FRUIT AND VEGETABLE PRESERVES

The group covers a wide gamut of the choicest-quality fruit and vegetable preserves, such as fruit compotes, syrups, jams and, in the line of preserved vegetables — pickled dill cucumbers, cucumbers in brine, preserved beetroots, preserved asparagus, onions in a vinegar solution.
In this group POLCOOP recommends the following novelties:
— a varied assortment of fruit syrups and jams
— a special kind of cocktail onion preserves: "silver" onions in a vinegar solution
— vegetable salads — an excellent addition to go with every meat dish
— pasteurized cucumbers in brine in tins of 1 kg
— pasteurized potatoes in tins of 5 kg
— dried vegetables in polyethylene bags.

PRESERVED FRUIT AND VEGETABLE exports include also:
— fruit puls (made from strawberries, raspberries, bilberries, black and red currants)
— pasteurized musts (from cherries, raspberries, black currants and bilberries)
— pasteurized fruit in 3 kg tins (strawberries, bilberries, stoned cherries, plums, raspberries)
— cauliflowers in brine
— deep-frozen vegetables — cucumber salad, cauliflowers, mixed vegetables, cut carrots, celeries, beetroots
— deep-frozen fruits — strawberries, raspberries, cherries, red and black currants, morello cherries.

POTATOES

POLCOOP supplies foreign customers with the best varieties of edible potatoes and seed potatoes. They are packed in jute bags bearing the trademark of the firm, or in polyethylene bags and cases.

PEAT

POLCOOP exports garden peat and nursery peat. Packaging consists of traditional ballcons and colour polyethylene bags bearing the trademark of Polish peat.

FODDER

For many years now POLCOOP has handled exports of high-quality animal fodder — dried grass and lucerne. It is worth mentioning that our fodder is now available also in the form of pallets.

MISCELLANEOUS

Canaries, edible frogs and snails appear to be greatly appreciated items of POLCOOP exports.

THE DOG
THE TRUE FRIEND AT HOME, FOR EXCURSION, FOR HUNTING, FOR WALKS

POLCOOP—Foreign Trade Enterprise of the Central Agricultural Union of "Samopomoc Chłopska" Co-operatives offers pure breed dogs of Polish and foreign breeds—Tatra Highland sheep dog, blood hound, cocker spaniel, dachshund - great Dane, terrier, bulldog, poodle.

POLCOOP—Kopernika St. 30
Warszawa, Poland



We eat that we live...

THAT WE LIVE THAT WE MIGHT EAT. REALLY IT IS SOMEWHAT DIFFERENT — WE EAT PRIMARILY THAT WE MAY LIVE, WORK AND ENJOY LIFE. GOOD, SAVOURY AND WHOLESOME FOOD HELPS US IN THIS.

After all, nutrition is one of the most important necessities of life — the fight for getting food passes and repasses through the entire history of mankind. The history of the different nations of the world could be written from the angle of providing mankind with food, the shortage of which has caused mankind more harm than epidemics of infectious diseases threatening life. The welfare and cultural development of nations always went hand in hand with plentiful food and wholesome reasonable nourishment.

Nutrition is supplied above all by land (farming). The more in quantity and assortment the crops were the primitive man gathered, the better was his nourishment. The primitive man, however, was dependent on the nature surrounding him, he often suffered hunger, cold and privation. He was helpless against the powers of nature. His nutrition most frequently consisted of edible roots, rootstock, tubers, berries, seeds and fruit gathered, shoots of green plants, leaves, buds of trees, snails.

As the primeval man gathered experience, the number of kinds of plants eaten became considerably larger. Food became more diversified and together with this the variety of the substances, necessary for full development of the human organism, increased which we lay such stress on today.

Science asserts that man came to know the importance of vegetables such as carrot, parsnip, raspberries etc. already in remote times. The quantity of food of plant derivation is very large. It was found on the basis of excavations that about 170 plants were used as food in Switzerland in remote times.

History further teaches us that the custom and level of nourishment depended to a large degree on social and economic conditions and on the geographical position of individual countries or continents.

We learn from chronicles of foreign writers, from excavations and customs preserved until the present about the habits of nourishment

tury).

Ibrahim Ibn Jacob, an Arabian traveller and merchant, was the first in the world to describe the nation of the Polish king Mieszko I. He already then asserted that the country abounds in grain, meat, fish and that there are cultivated fields.

Our ancestors, the Polans, were principally farmers, bred cattle and kept bees and were engaged in hunting and fishing. The ground which was plowed with a plough drawn by oxen, was fertilized by the ashes of burnt forests.

We find the stones and seeds of various fruit and vegetables in the excavations derived from the 6th—9th centuries. Hence, the Polans knew the broad bean, lentils, peas, cucumbers, carrot, rape, poppy seed, sour cherries, apples and pears. They bred hogs, oxen, sheep, goats, chickens and geese. They kept bees in the forests and honey replaced sugar which was unknown at that time. Fare was cooked in clay dishes and larger pieces of meat on the spit. Stoves for baking bread and for drying and smoking meat were known. And last of all, the Polans knew how to make butter, cream and cottage cheese. For seasoning they used salt, garlic, horse radish and vinegar.

History says that in later centuries the dishes of our ancestors became more diversified and there was no festivity that could do without copious food and drink.

Many roasted dishes were served at that time — beef, veal, pork, game, poultry — frequently tripe. Different varieties of cakes were also known, crescent buns, crumpets, pancakes, dumplings, twisted cakes with stuffings. Many people, coming from the landed class, gentry, magnates, princes and kings "lived at that time that they might eat". The ironic adage best refers to this "During the reign of the Saxon King, eat, drink and ease your belt".

The times mentioned have long gone by. Our cuisine of today is very different from that of old times. It is simpler, based on modern principles of nutrition. It is supposed to take into consideration the present requirements of living conditions. It is meant to help the working woman. Most of the recipes that we are giving here are primarily chosen from this angle.

Here they are.



ULTRY DISHES

try meat is nutritious and does give way in value to the meat laughter animals. The white t of chickens, turkeys and ea fowls is, moreover, easily stible and is fit to feed child- elderly people and the sick. meat of ducks and geese, on other hand, is less easily diges- but their fat is delicious and y digestible.

ltry should not be prepared after killing because it is hard, h and tasteless. Plucked and vn poultry should be hung for 3 days in a cool place so that meat would become tender. entire bird should be washed re cooking or roasting, chang- the water at least twice.

th knowing is that chicken h is more savoury when beef es are added. Broth is generally made from geese and ducks ause it is less tasty than the ken broth.

o want the broth to be good, put the poultry into cold water boil until tender. If, however, want the boiled meat to be e tasteful, we put it into hot er.



CHICKEN FRICASSÉE

Ingredients necessary:
half a kilogram chicken, soup vegetables, 1 liter water, 1 tablespoon flour, half a glass sour cream, dill and salt.
Boil a stock from the soup vegetables. Put the dressed chicken into the hot stock and boil until the meat is easily separated from the bones. Then remove meat, remove bones and cut the meat up into smal pieces.
Brown fat with flour, dilute with broth, boil and add sour cream. A white sauce is made into which the pieces of meat are added, heat, add chopped dill and mix. Serve with potatoes, barley cereal, rice or the like.

STEWED CHICKEN WITH VEGETABLES

Ingredients: half a chicken, 2 tablespoons fat, carrot, parsely, small piece of celery root, onion, half a liter of water.
Divide a drawn and dressed chicken into 5—6 pieces. Wash vegetables, pare and cut into strips. Brown chicken in a skillet, cover with vegetables, add fat, salt, pour in a little water and stew under cover until tender. Serve with potatoes.



STUFFED DUCK

Rub a thoroughly dressed and rinsed duck with a mixture of salt, pepper and a tablespoon of marjoram. Partly boil 1/3 of a package of vermicelli macaroni, strain, add a tablespoon of fat, tablespoon of marjoram, 2 eggs and 200 dkg soaked and stoned prunes. Mix in salt and sugar to taste. Stuff the duck with this macaroni, sew up opening and put into a hot oven. Baste with cold water. After browning remove to a kettle and stew under cover until tender.

STEWED DUCK

Divide duck into halves after cleaning, and each half into 5—6 pieces. Rub each portion with a mixture of salt, pepper and marjoram. Brown on a tablespoon of hot fat. Boil to a half soft state half of a package of screw macaroni, strain, mix with vegetables — 10 dkg carrot, 15 dkg. celery and onion, which have been cleaned of peels and pared, rinsed and grated on a coarse grater.
Arrange in layers in a pot: macaroni with vegetables and portions of duck, pour over with sauce, which was formed during browning, add a glass of water. Stew slowly about an hour under cover. Care must be taken that the dish does not burn. When the duck is done, add sour cream and 2 tablespoons of chopped green parsley.



POTATO DISHES

Potatoes are wholesome and nutritious. Their principal component is starch. Moreover, there is about 24% valuable protein, a little mineral salt especially iron and phosphorus and vitamin C. The protein, mineral salts and vitamin are just under the skin; potatoes should, therefore, be pared carefully and when they are to be used for certain dishes, they should be boiled in their jackets. Pour a small amount of water over the potatoes, which later is used for soups or sauces.

POTATO SOUP

Take 1 or 1 1/2 kilograms potatoes, soup vegetables and a level teaspoon of salt, 1 glass sour cream or 2 glasses of buttermilk, bread or white bread for croutons.
Boli a stock from the potatoes and vegetables, then rub through a sieve, mix flour with 2—3 tablespoons sour cream or cold stock, pour into soup and boil.
Add sour cream, chopped greens and croutons just before serving it. Croutons are made by dicing bread or white bread, putting it on a frying pan with a small quantity of fat and then dried in the oven.



POTATOES WITH FISH, LIVER OR EGGS AU GRATIN

Cut into slices one kilogram boiled potatoes. Clean and remove skin from 1/2 smoked codfish, cut up into pieces. Chop onion and fry on fat.
Grease a flat pan or casserole, sprinkle with dry bread crumbs and put into layers — potatoes, pieces of fish and onion. Sprinkle the top with dried bread crumbs, dot with butter or margarine and bake in a hot oven for about 30 minutes. Then pour several tablespoons of sour cream over the dish and put into oven for a short time again. Serve with green salad, cucumber salad or other raw vegetable salad.
Liver can be used instead of fish. Chop the liver finely together with onion, adding a little pepper.
A layer of hard-boiled eggs, cut into slices, can also be used as a layer between sliced boiled potatoes. Each layer must then be salted more and more pepper sprinkled and sour cream added.

POTATO CUTLETS

Add enough flour to 1 kg hot boiled potatoes rubbed through a sieve to make a dough (about 1 glass), then add 1 egg, chopped onion, fried on fat, salt, pepper and merjoram to taste. Mix into a smooth mass, form oval cutlets about 1.5 cm thick, coat with bread crumbs and fry on fat on both sides to a golden colour. Serve with sauce, lettuce or cucumber salad, etc.
The same fough can be used for stuffed cutlets, for instance, with buckwheat cereal sausage, frankfurters, sausage etc. Also serve with a sauce and raw vegetable salad.

POTATO AND EGG SALAD

Boil 1/2 kg potatoes, dice (may be diced with a device for cutting hard-boiled eggs). Chop coarsely 3 hard-boiled eggs. Place eggs in the middle of the salad dish, arrange potatoes around them, salt, add a pinch of sugar and pour cream, slightly salted, over the salad.
Garnish with chopped chives.

FISH DISHES

Fish contain much protein and mineral salts. Fish meat can entirely replace animal meat. It is also easily digestible, and therefore can be served to adults, children and also elderly persons. We give below several recipes for sea fish.

BOILED CODFISH

Ingredients: 1 kg codfish, soup vegetables, 1 bay leaf, allspice, 1 tablespoon butter or margarine, salt.
Boil a stock from the vegetable and onion, bay leaf and allspice. Clean the cod, sprinkle with a little vinegar and salt a half hour before boiling; put into boiling stock and boil on a low fire for half an hour; remove carefully to a platter, cut into pieces and pour melted fat over it. Garnish with a finely chopped hard-boiled egg.
Remark: Perch-pike, pike, bream, tench and other fish can be prepared in the same way.

STEWED COD IN VEGETABLE SAUCE

Ingredients: 1 kg codfish, soup vegetables, 1 tablespoon fat, salt. Cut soup vegetables finely (without cabbage and in a quantity generally taken for soup), pour in a small quantity of water, add fat, boil on a hot fire. When they become a little softer, pour in a small quantity of water, put in the salted, cut and floured pieces of cod. Stew under cover for 30—40 minutes. Serve with vegetables.

HERRING À LA GRÈCE

Ingredients: 1 kg herring, 10 dkg soya oil, flour, salt and for sauce: soup vegetables, tomate purée, onion, lemon, 10 dkg. soya oil, 1 bay leaf, allspice, red pepper and salt.
Salt cleaned herrings, roll them in flour and fry on both sides. When cool, remove bones, arrange them lat on a platter and pour over them he chilled sauce à la Grèce.
Recipe for sauce à la Grèce: stew in oil vegetables, cut into thin strips, on a low fire. When soft, season with juice of one lemon, tomato purée to taste, boil and set aside to cool. Serve cold after several hours.

HALIBUT, COD OR HERRING ROULADE

Ingredients: Stock: 20 dkg soup vegetables (or cabbage), salt, allspice, bay leaf. Fish mixture: 80 dkg. beheaded and gutted fish, 5 dkg, stale white bread, 1/3 glass milk, 4 dkg. butter or margarine, 4 dkg. onion, 1 egg, salt, pepper and 1 tablespoon fat for frying, 1 tablespoon chopped green parsley or dill.
Wash vegetables carefully, pare, rinse, put into water, salt and boil. Soak white bread in milk. Peel onion, rinse, chop onion and brown lightly on fat. Clean the fish, remove skin, head and bones. Grind the meat together with a pressed out roll and onion, add egg, salt, pepper, chopped parsley or dill, part of the butter or margarine and blend thoroughly. Spread a clean white linen cloth or gauze on a board and grease. Shape the fish mixture into a roll of 25—35 cm length, roll up both ends of the cloth and tie with a string. Put the mixture rolled up in the cloth into hot stock (a long kettle with a removable double bottom is most convenient), boil slowly about one hour. When cooked, take the roulade out of the stock and put on a board, carefully removing the linen cloth. Put it on a platter, cut into pieces about 1.5 cm thick. Serve roulade hot with potatoes,, covered with horse radish, chive. parsely or mustard sauce. Pieces of roulade can also be put into gelatin and served as a cold entremet

FROZEN VEGETABLES

Fozen vegetables have become a revelation of recent years. They have introduced unusually essential changes in the caterning industry and in the household. Owing to the new technique – freezing, such vegetables as green peas, spinach, string beans — until recently only seasonal, are now available the year round.
Below are several hints on how to prepare frozen vegetables:
— Use as little water as possible which lixiviates the food; there should be just enough water to prevent the vegetables from burning.
— Water strained from vegetables should be used for soups or sauces;
— Boil under cover;
— Remember that frozen vegetables boil within 1/3 of the time needed for boiling fresh vegetables; do not let hem overboil;
— Put the vegetables in a frozen state into boiling water; if they need to be cut into pieces defrost just partly;
— If the product cannot be kept in a frozen state, it should should be boiled immediately after buying.
By proper handling of frozen products, 80% of the mineral components and vitamins of fresh vegetables will be retained. By disregarding these principles ,the product can be deprived of its full value.

GREEN PEAS

Green peas is a very nutritive product. Its calorific value is not much, lower than that of chickens or fish for instance.

FROZEN GREEN PEAS WITH CARROTS is prepared as follows: take 500 grams of frozen peas, 500 grams of frozen carrot, 100 grams butter or margarine, 30 grams of flour, 1 tablespoon of sugar, salt and pepper.
Stew peas on butter, basting with water. Dice the carrots and stew on fat adding a little sugar. Brown fat with flour, combine peas and carrots, season. Serve with potatoes as a dish or as a vegetable to meat.









AS WITH RICE is prepared as
ws: take 350 grams frozen
n peas, 80 grams fat, 2 teas-
ns sugar, 120 grams rice, 300
ns frozen mushrooms, salt,
n parsley.
v peas on fat, adding sugar.
oil rice, pour in water, boil so
each grain of rice is loose. Cut
ntarelles into thin strips and
on fat with green parsley.
the rice with the chantarelles
serve peas separately.

AS WITH HAM OR BACON

repared as follows: take 500
ns frozen green peas, 100
ns boiled ham or bacon 250
ns bones, 30 grams fat, 25
ns flour, 1 onion, 1 parsley root
salt.
t boil a broth on the bones.
n dice the ham or bacon and
v on fat, sprinkle with flour until
rowns a little. Then add peas,
r over with the broth boiled on
es, seasoned with onion and
ley. Serve with potatoes.

OZEN SPINACH

zen spinach is one of the most
ular frozen products. It takes
ond place after peas in the
ld production of spinach. Spi-
h contains considerable quan-
s of iron, calcium, potassium
most of all the fruit and vege-
es), large quantities of vitamin
nd a good deal of vitamin C.
frozen spinach should be
oved from its package before
g and put on a plate, should be
ly defrosted and when it beco-
soft, is should be cut up into
ces. After an hour, the spinach
be put straight into the kettle on
fat.

STEWED SPINACH is prepared as follows: take 500 grams frozen spinach, 40 grams flour, 40 grams butter, 30 grams onion, pepper, salt, a clove of garlic, 2 egg yolks or 100 grams sweet cream.
Brown flour on fat with onion, put into it the partly defrosted spinach, stew, sprinkle with ground pepper, salt. Grated garlic can also be added.
Blend in yolk beaten with cream before serving.

SPINACH AND EGG. Take 500 grams frozen spinach, 70 grams fat, 4 eggs, salt, pepper, a little nutmeg. After defrosting, stew spinach about 15 minutes, adding 40 grams fat. Add salt, pepper and a little nutmeg. Grease with butter a refractory platter or electric pan, put in spinach. Put four eggs, one next to the other, on top, salt. Bake until the white congeals. Serve on a platter with potatoes.

FROZEN STRAWBERRIES

The Polish industry supplies the foreign markets at present with almost all varieties of fruit in a frozen form. There are many strawberries, plums, currants, morello cherries and huckleberries.
The following strawberries are frozen: dark red varieties — "Murzynka" (large fruit), "Afryka" and "Purpuratka" (round fruit of medium size), red — "Soldwedel", "Zwycięsca" and light red "Madame Moutor" (large fruit of irregular shape).
From just these strawberries can the following dishes be prepared:

STRAWBERRY CREAM

150 grams milk, 100 grams fresh or frozen strawberries. 2 tablespoons strawberry ice cream.
Crush strawberries, add water and mix, add milk, whip well, put the mixture into a glass and put into refrigerator for several minutes. Several small strawberries can be placed on the cream before serving.

STRAWBERRY DRINK

150 grams milk, 100 grams fresh or frozen strawberries, several cubes of ice.
Crush strawberries well, mix with milk and add ice, whip well, pour into glasses and put into the refrigerator. Sweet cream can also be added.

STRAWBERRY DUMPLINGS

Ingredients: 1125 grams potatoes, wheat flour — 300 grams, 25 grams potato flour and 2 eggs, 300 grams frozen strawberries, 10 grams bread crumbs, 80 grams butter, 40 grams sugar.
Portion described for 4 servings.
Prepare potato dough as follows: Boil potatoes, cool, grind through a grinder, add wheat flour and potato flour, eggs and knead dough.
Rinse strawberries, defrost. Sprinkle bread crumbs on the strained strawberries. Form roun-shaped dumplings, boil in salted water. Serve hot, pour melted butter on top and sprinkle with sugar. Dumplings can also be served covered with sour cream and sugar.

MEAT DISHES

Hams, exported from Poland, already have an established renown with their foreign customers. They are delicious, aromatic and appetizing — simply excellent. They can be served alone or dishes can be made from them.

EGGS STUFFED WITH HAM

Ingredients: 5 eggs, 20 dkg ham, 10 dkg meat jelly, 3 dkg butter, 20 dkg light bread.
For garnishing: 5 leaves of lettuce or 10 dkg leek, 5 small marinated mushrooms, 10 dkg tomatoes (can be frozen).
First prepare the meat jelly. Cut bread into thin slices of the width and length of an egg and spread them with butter. Boil eggs hard, put into cold water, remove shells, cut lengthwise into halves. Remove and put yolks aside. Slightly cut off the rounded side of the white so that they would adhere to the bread. Prepare stuffing as follows: grind ham (without the skin) together with the yolks on a grinder, then crush. Fill the whites with this mixture, smooth out the top. Put eggs on the slices of bread. Garnish with lettuce or leek, mushrooms and tomatoes cut into pieces. Spray the thickening jelly. This entremet can be served with bread, tartar sauce or mayonnaise and with a salad of raw vegetables as for instance Italian or Spring salad, etc.



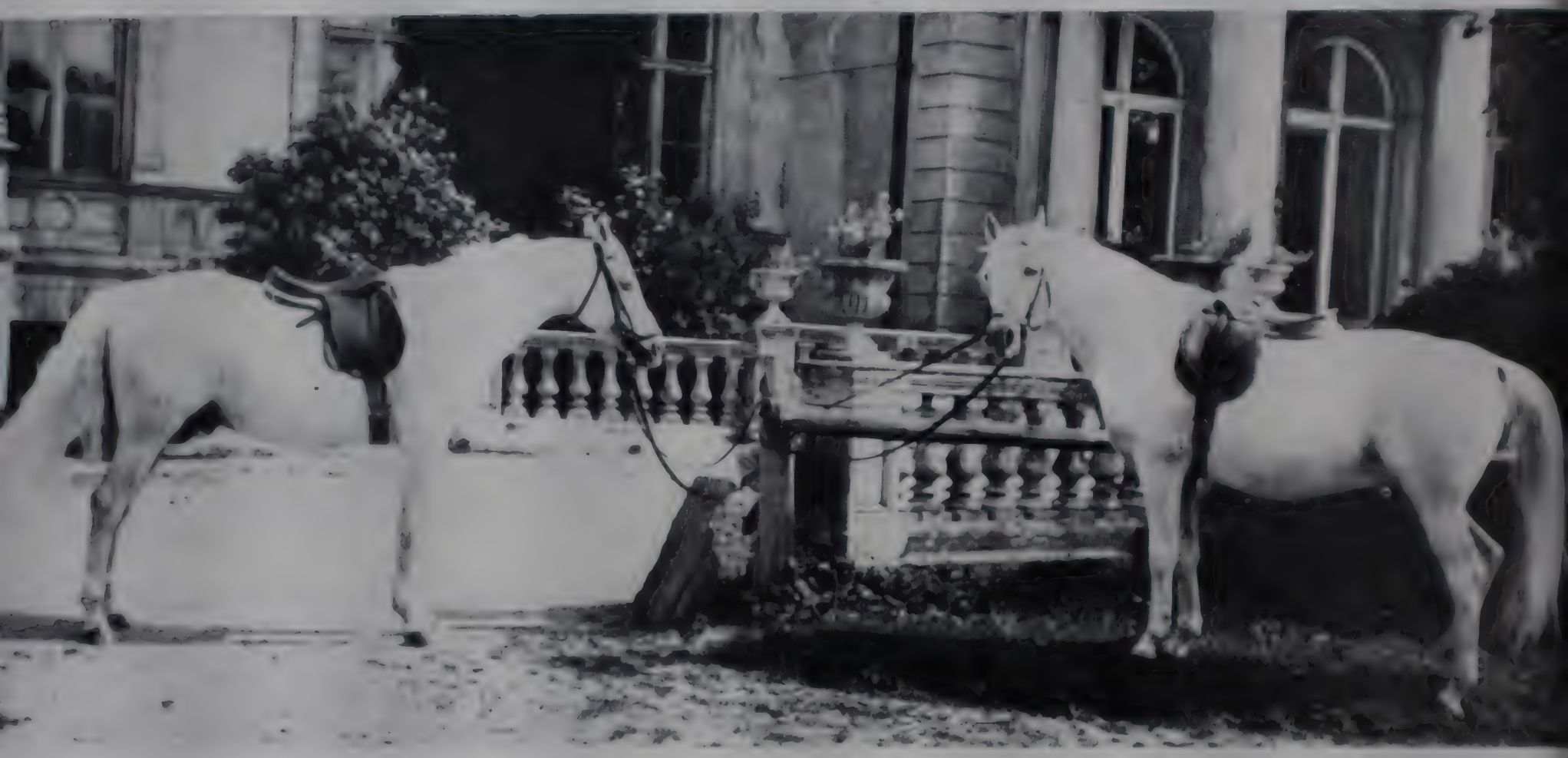








The Aristocrats of the Stable



land is one of the principal world porters of horses. Slaughter and draught rses constitute the main group. Then me high class mounts, then saddle unts, typically sport mounts, hunting e mounts, and horses prepared for pic contests.

edigree horses among which predomi- te pureblood Arabian horses constitute other group of horses sold abroad. Po- h Arabian horses, of which we are largest world exporters are to be fo- d in all the large breeding studs in Spa- England, the German Federal Republic, ance and the USA. They are known roughout the world as one of the best th very old, 150 — year pedigrees.

lish horses are sold at specially organi- d auction sales. Such auction sales are ld every year in Łąck, Poznań and lańsk Stargard. They are organized by Foreign Trade Enterprise ANIMEX.

er 30 horse studs, several odd stud — rse herds, training centres for stud- horses and training centres for various classes of horses destined for export — are testimony for the famous tradition of horse breeding of many years in Poland. Probably, those who say that these animals are anachronisms in the age of mechanization are not right.

I have not met as yet any chauffeur, having the best motor car in his possession — even at a time when he had the fullest respect for his machine, to speak with such amotion as a rider speaks of his horse. In a word, the horse is not only an economically useful animal, is not used only for sport purposes and for pleasure, but it is also the object of man's sympathy and love. The Poles are known for this, that their nature is to have weakness for horses. And it is just this sentiment that is as if a source of Polish position in the export of horses.

We wish to present in the present information one of the many large horse studs with a tradition of many years. The Stargard stud is known to the wide crowds of horse lovers. Above all, it boasts of a tradition of many years of breeding pedigree horses. A royal stud farm was founded here already 77 years ago, in 1892. Connoisseurs rate a pedigree from this stud as an "equine aristocrat". There are about 160 halfbreed horses of Wielkopolska race. Each of them has a certificate of his "geneological tree". Of course, both the treatment and the care as a whole, hence cleaning and feeding are done here according to special principles worthy of this "equine aristocracy". The tenders of the horses are persons knowing the secret of the ceremony in force here. They use their own language — not understood by an outsider — and they do carry out their duties zealously and with dignity, corresponding to the dignity of the halfblood stallions of Wielkopolska race. Law and order prevailing here remind of model army barracks, and the love for horses is felt here in every motion. The horses of the Stargard stud farm fill diverse functions. Their fundamental





task, however, is to improve the breed, the quality of draught horses. Obviously, breeding specimen pieces protects the draught horse against degeneration.
Thus the question here is that the horse — which is still used on the farm, should be marked by an "elegance" and proper physical strength. The Stargard breeding stud has contributed much toward improving the quality of the draught horse.

From Starogard out into the World

There are auction sales for horses here once a year. Various foreign fanciers of equine beauty come in numbers for the auction sales. Frequently the price of a horse at these auction sales exceeds the price of a motor car. Such is the evaluation of specialists from the entire world for a Polish bred horse.
The Starogard horses are also used for representation purposes. Let us give as an example that every year the Starogard horses win high distictions and world fame at the contests of spans of horses in harness in Avignon. Perhaps, sometime in the future, following the example of the ancient traditional race of horses in harness they will be included in the Olympic games. Then, undoubtedly, our horses will not be missing. I think that the stud of Stargard will also reach out for the Olympic laurel wreath.
Foreign students have been coming to Stargard for six years to spend their vacations. They come to Poland to spend their vacations in the saddle in Stargard. Lovers of horseback riding have at their disposal camping cottages, forests, fresh air and fine saddle horses. And although riding abilities are not always of the best, the more so that horses here are rather fiery, but the foreign students are sorry to say goodbye and promise to spend their next vacations here also. Statistical data for the 6 — year period indicate that vacations spent in the saddle are winning increasisng popularity especially among students and young people, who are weary after a year of motorization.
Horses bred in this stud farm fill various social functions. They are also to be seen in films. Their beautiful silhouette and inborn intelligence make them favorite film actors. It is no wonder, that Polish horses are in such demand by foreign horse lovers.

Piotr Szydłowski





NDRIES

VEMENTS OF AND ECTS FOR AGRICUL- SCIENCES

below a comprehensive of the article written by yk Kurowski, of the Com- r Science and Technol- the subject of the achiev- of and prospects for agri- sciences in Poland. This is author asserts.

to certain orthodox views, ess of agriculture is in degree dependent on evements in research than lds of economic activity duction.

pens so because, in spite housand-year old tradition ulture, the obtaining of n a scale of present peak d animal production pos- is not only dependent on new production measures creasing the quantities of s, applied todate, but it is ed with agroclimatic con- nd involves live organisms in changed environmental ns. Almost every attempt r economic interference in tural biological processes herefore, be preceded by c research so that the btained would conform to tions and anticipations.

hor continues with giving s of definite achievements,

mong the achievements of ural sciences, mention can of the solution of several nd problems of great im- to the national economy. eding and introducing into ion of new, fruitful varieties t, rye and potatoes, which varded the State Prize.

rking-up of soil maps. with ration of the fertility and es of the soil in microcom- and microelements was a c achievement of essential nce for agriculture.

ny millions saved every re brought, in turn, to this economy by the intro- of biological methods for seeds worked up by scien-

mong the most important c achievements, applied at success in practice, one t overlook the breeding of rieties of strawberries and out the complex techno- their growth, fertilization tivation. The new varieties ields from 2 to 5 tons per and the 16-fold increased d areas during the last 8 troduced us in this respect econd (after USA) place in ld and first in Europe.

nentioning certain, espe- deserving to be stressed research results, the author draws conclusions that the role of the Committee for Science and Technology in organizing this research consisted primarily in the coordination of the research work carried out in various institutions, laboratories and agricultural academic schools. Coordination included the most important scientific research problems, of great significance for the national economy.

In conclusion of his article, Dr. Kurowski presents very briefly the plan for the nearest future.

We read the following in the article. The group of specialists in all fields concerned, assembled in the Interdepartmental Commission for Coordination of Agricultural and Forest Research, is at present engaged in the selection of the most important research problems for the proximate years. On the list are, inter alia, further work on plant varieties, the complex problem of plant protection with checking pesticide residues in food products, complex mechanization and new fertilizing technologies, technization of animal breeding. The scientific research solution and carrying over into practice all of these problems is of fundamental significance for the further intensification of agricultural production.

GOOD EQUIPMENT — BETTER FOOD PRODUCTS

The increased yields of Polish fields and orchards, better results in breeding animals, cattle for slaughter, poultry etc. impose increasing obligations on industry, the more so that the requirements of buyers have also become higher. Carefully performed production, one of good quality, is primarily involved. This depends to a high degres on the equipment of processing plants, on efficient machines and installations.

Installations and implements are produced by the food industry in its own industrial factories.

SPOMASZ, the Union for Construction and Assembly of Foodstuffs Machinery and Equipment has grouped 15 industrial plants and coordinates the activities of still another 44 plants in the field of this industry. There are at present in the production program of the Union about 1000 types of machines and implements, among wich are machinery and apparatus for bottling liquid food articles, special centrifuges for the food industry, automatic machines for shaping and rolling food articles, rectifying, distilling and fermenting apparatus. Recently, the production of automatic machines for packaging and mixing was also mastered.

About 20—30 new types of products are introduced for production each year. Among the recently mastered interesting achievements are a chilling machine for poultry, a vacuum packager of poultry (enables attractive packaging with the removal of air), a vacuum sealer for round and shaped tins meeting the demands of the world market, further, lines for milk bottling, beer brewing machines. washers for bottles and jars, dosing devices, machines for the produ ction of fishmeal.

Tests and investigations are at present under way on a fluidization drier for yeast (a new method of drying, ensuring a prolonged period of activity of yeast), an automatic packager for loose material — enables aesthetic packaging of any kind of loose material in plastic bags.

The SPOMASZ Union will produce during the current year a total of 32,000 pieces of machinery and devices for food industry. The experience gained during the assembly and production of machinery and the increased production potential of the food industry enabled undertaking export of machinery and completely equipped plants for food industry. During the last decade there were 40 completely equipped plants exported, among others: baker's yeast factory, slaughter houses and meat factories, factories of bone and hide glue, stations for hardening fat.

COUGH DROPS "SANTOP"

Düring the epidemi c of the Hong Kong flue, the factory "Optima" of Łódź produced cough drops called "Santop". Their recipe was worked out in consultation with specialists — physicians. The drops containing therapeutic substances, inter alia, extractions from herbs, alleviate inflammatory condition of the upper respiratory tract and mucous membranes. "Santop" cough drops also can be used as a prophylactic agent against colds.

POLISH DAIRY EQUIPMENT FOR EXPORT

Poland is ranked among the countries of largest milk production. It also has a modern industry for milk processing. Recently, the industry has also expanded the production of equipment, which has aroused interest of an increasing number of foreign customers even in such countries specializing in the dairy industry as Holland and Austria. We are recently selling to foreign countries tanks for storing milk, butter churns, cheese-making vats, cheese presses, machinery for washing milk cans, pumps, pasteurizers.

As regards the dairy industry, our factories of dairy equipment will specialize in the supply of plate installation, that is equipment for pasteurizing milk, chilling, evaporation and drying (the latter apparatus is indispensible in the production of powdered milk). We are also to carry out a large order for USSR for the delivery of complete equipment for butter production.

ONION CURES INFARCT

British physicians came to the conclusion that onion and garlic can effectively cure heart infarct. A group of physicians of the University of Newcastle discovered that boiled or fried onion increases the ability of the blood to remove internal thrombuses threatening with death. We shall add that onion in a raw state also has ample quantities of substances having a salutary action on heart ailments. Many who called the export of Polish onion "export of the sun" were quite right. Owing to such important therapeutic properties, we are persuading you to eat large quantities of onion in various forms. Polish onion is noted for its many merits, among which is that it can be stored without spoiling. It is no wonder that its export is steadily rising. Large quantities of onion are bought by merchants of England, Italy, GFR, Sweden, Holland, Iceland, France and Finland.

The Foreign Trade Enterprise Hortex Polish exporter of onions, is waiting for inquiries

"NOVIT" IN PARIS

The Fruit-Vegetable Industrial Plant of Tarczyn has introduced in production a new product in the form of a concetrated fruit nectar "Novit". This product was awarded a medal at the international fair in Paris.

"Novit" can be used for confectionery products and fruit liqueurs. Interest in "Novit" is growing each month on the domestic and foreign markets.

EXPORT OF GEESE

Poland is one of the largest world exporters of geese, which are justly regarded on many foreign tables as a titbit. Geese feathers, especially down, is in high regard abroad. The principal and regular customers for these articles are: the GFR, the USA, France and other countries of West Europe. About 9.5 thousand tons of geese and about 3 thousand tons of feathers were bought by foreign countries the past year.

TAIN STATISTICAL A

g the past year, there were d and exported from Poland housand hares, 30 thousand ants, 17 thousand partridges gn guests, spending their ng vacations in Poland hun- ame to the value of over dollars. There were exportd the same time over 900 ree, saddle and sport horses.

DLISZKI" WON THE MIAN'S ORDER"

Tadeusz Przypkowski, the ellor of the chapter ;Po- s Order; decorated at the Vegetable Production Plant dliszki (District of Gostynin) Z Trzcionkowski' the director e plant, with the "Pomian,s ", granted to Podliszki. This first case in the world of nting a corporate body a t of the "Pomian's Order". ecoration was granted to the iszki" factory for the top y of their products, especially and asparagus.

Pomian's Order" chapter was in 1965, a year after the death . Edward Pomian, a French- of Polish origin. The function grand master of the chapter is by Tadeusz Gronowski; the man of the Polish Union of c Artists and, Jarosław Iwasz- cz is, among others, a mem- Eminent Polish chefs — Sta- v Kozioł and Władysław Ku- ki and five eminent French ers, two Italian, and one Cam- n are also knights of the ian's Order". Soon, the edit- oard of "Przekrój" is to receive rder — as the second corpo- ody — for culinary propagan-

WORLD MEAT TURN- R, A SUBJECT OF FAO FERENCE

eeting was held of the group eat matters at the Committee mmodity Turnover (CCP), on June to 5 th July, 1969 at the Headquarters in Rome. It with the problems pertain- meat and poultry meat trade world scale, with particular ideration for the difficulties in nternational turnover of these es. Delegates from 39 count- including Poland, took part in sessions.

rding to FAO estimates, the e of the world meat export unts to 4.5 billion dollars y, which constitutes 1/5 of the e of the total agricultural world rt. As concerns long-range pects for import demands for , they are rather promising. etheless, there are still many problems difficult to solve in the world meat turnover. A decision was made in this connection to introduce regular consultations within the FAO program concerning short and long range problems in the world meat trade.

FRESHWATER FISH FROM POLISH WATER RESERVOIRS GO OUT INTO THE WORLD

A department which deals with the export of freshwater fish and crayfish coming from the water reservoirs of the entire country, was organized over a year ago, on 1st January, 1968, by the Foreign Trade Office RYBEX. At the moment, this department is in close cooperation with the Fisheries Central Board fo Szczecin, with "Certa", the Szczecin Cooperative of Sea and Lagoon Fisheries, with the Polish Angling Union of Szczecin, and is endeavouring to enter into cooperation with "Belona" of Dziwno.

The biggest role in the export of freshwater fish is obviously played by the fine eel. Over 300 tons of this fish were exported last year from the Szczecin waters. "Certa" supplies amounted to about 220 tons and the Fisheries Central Board in Szczecin — almost 180 tons. The major part however, comes from the catches of the cooperative "Certa", which, according to the agreement between these two bodies, hands over to the Central Office definite batches for export. "Certa" owns a base in Dąbie. This is where the fish for export is being accumulated.

Larger quantities of eel are bought by Holland, GFR, Denmark, a little by Sweden and Italy. In 1969 "Certa" hopes to export 270 tons of eel and the Fisheries Central Board — 70 tons.

Salmon is another freshwater fish so much in demand abroad. The salmon sent abroad by "RYBEX" comes from the water reservoirs of the Voivodship of Gdańsk.

Sizable export items also are perch pike and bream.

Customers for perch pike are Austria and Switzerland, while for bream - Rumania.

An increased demand for pike has been noted in France and the German Federal Republic several years past.

EXPORT OF SEA FISH

Poland is becoming an increasingly greater exporter of sea fish. This export is relatively new, barely five years old. But, owing to the considerably growing shipyard industry especially fishing vessels, there were already almost 100 thousand tons of fish supplied to foreign markets in 1968. Over one half was bought by the United States of North America.The fish for the USA were supplied straight from the vessels catching fish on the Atlantic near the American sea coast. Rather large quantities of fish are sold to African countries — also straight from the board of ships fishing along the coast of Africa.

SCIENCE IN THE SERVICE OF FOOD

Not only the fact whether the products we consume are savoury depends to a high degree on proper production of the food industry but also the state of health of society. For this reason, the science on food is at present confronted with two unusually important tasks:

— the possibly best utilization of the effects of agricultural production

— supplying proper nourishment to the society.

Poland as a food exporter of consequence takes the maximum advantage of science in this field. Attention is especially paid to research covering knowledge of the components, physical, chemical and biological features of raw materials and products but also to their changes during processing, transportation and storage. Taking into consideration that at present over 74% of the foods — converted into calories — is constituted of processed food, the purpose of the technological processes worked out by industry is to maintain in the products full nutritive value and proper external features. This is of special importance for export when the consumption of farm products frequently takes place at places and times that are distant from the place where they are produced. The extensive and continually expanding production base has a scientificdidactic and scientific research foundation.

At present there are 5 branch institutes and 7 central research laboratories with 772 scientific research workers (46 of these are independent workers) and 4 departments of higher educational institutions, and a number of faculties employing 307 scientific educational workers of which 84 are professors and assistant professors working in the field of food technology and chemistry. Worth noting, is that apart from this, the food industry has its own scientific -research base where 2000 scientific workers are employed.

The effect of the activities of these scientific research units is that there are a number of technologies being worked out which raise the quality of products and output of production processes:

— the results of the Polish researc works were creditably approved o as seen in the entrusting of Polan with the organization of the II In ternational Congress of the Scien ces of Food and Technology (War szawa, 1964), the Fifth Congres of the Science of Fats (Gdańsk 1960) and a number of scientifi symposia assembling domestic an foreign participants.

Owing to the fact that recent achie vements in science and food pro duction have been utilized, Polish exported food is of a high quality wholesome, and of a high savour values.

LUBLIN HERBS ARE MAKING A CAREER

The Lublin Voivodship is known for its most abundant species o herbs — over 100 kinds are bought many are exported abroad an some herbs have the best opinion For, instance — the medicinal Va leriana rhizomes, the principal raw material for the production of the popular Valeriana drops, which are already called the Lublin drops One of the Lublin specialties an that a new specialty — introduced during the current year — an more, very good in taste, is pep permint prepared for infusion i a glass — in portion packages like tea bags.

A million packages are produced a month. The automatic equipmen for packaging was imported from Italy and the packages come to Lublin from Japan.

The demand, however, is at leas twenty times greater. For Lublin so far, has the monopoly in this production, and there is no lack o gourmets. The peppermint drink enjoys its greatest popularity i Rzeszow where the buyers are chiefly tourists.

Other articles are marjoram an peppermint oil. Herbs are becom ing more and more popular.

"Herbapol" has been an exporte for a long time. Medicinal Valeriana is most exported, much yarrow herb and Roman camomile flower Every other kilogram that is bough and preliminarily adjusted wander to the markets of the GFR, France Denmark, Austria and Switzerland "Herbapol" also has very ambi tious investment building plans Within the next five years, there will be erected at a cost of 30 mil lion zloty a modern plant righ next to the present headquarter in Wrotków. It will produce syrup and pharmaceutical meads — raspberry, comfrey, morello cherry dill, 100 tons annually of Rosa-vita so much in demand, at present pro duced in the Poznań plants, Passi spasmine, Neospasmine — a tota of 3 thousand tons a year.

POLISH PEAT MOSS
IDEAL SUBSOIL FOR CULTIVATION OF FLOWERS AND VEGETABLES

POLCOOP — Foreign Trade Enterprise of the Central Agricultural Union of "Samopomoc Chłopska" Co-operatives took over at the end of the last year the exclusive right of expert of peat from another Polish enterprise — Torexport, retaining the entire highly qualified staff of specialists and with the guarantee of exporting deliveries from the heretofore existing known and valuable sources.

Peat lands in Poland occupy considerable areas, for almost 5 per cent of the surface of the country. The majority of these are high moor peat bogs with the most valuable of the peat mosses — Sphagnum. The peat is processed on the most modern machines, which ensures top quality and good sterility.

The characteristic features of the Polish peat offered by POLCOOP are:

— moisture about 50 per cent
— absorptiveness — 1400 — 2000
— granulation — 0—12 mm
— pH — 3.5—4.5

These good properties, therefore, enable the peat moss to be universally used in agricultural, horticultural and vegetable production.

The Sphagnum peat moss, offered by POLCOOP is very useful for the improvement of the soil structure and is an ideal subsoil for the cultivation of flowers and vegetables. It is irreplaceable, especially during droughts. The pretty rock gardens, the decorations of many villas and parks, retain their beauty even under difficult atmospheric conditions because the plants are cultivated on a peat subsoil.

Polish peat moss also constitutes a proper subsoil for the production of mushrooms.

The merits of Polish peat moss, its good quality and the magnitude of its production have made Polish peat moss a known and bppreciated product among customers Woth in European and overseas countries. eorth noting is at the same time that the merits of Polish peat moss are also fully appreciated by the world largest exporters of this article — Canada and the GFR.

PACKING OF POLISH PEATMOSS

— Bales in standard packing paper texture. Bituminous paper, slats and wire are used for standard packing for sea transport.

Sea standard — bales of 0.21 cu m
Land transport — bales of 0.21 and 0.17 cum

— Coloured plastic bags, containing in addition to the name of the article instructions in foreign languages for its use. Bags of 0.17 cu m

Peat moss is delivered seasonally in [illegible]ary —May and June — December.

[illegible] the time to think about buying this [illegible]ticle!

FOOD *from Poland*

ew of Exports of Agricultural Products and Foodstuffs

No 2(29)



FOOD from Poland

VI. Warszawa 1970 No 2(29)

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over Harvest Feast — fragment of a painting by Michał Stachowicz (1768—1825)
ure is in the collection of the National Museum in Warszawa
Stachowicz lived permanently and painted in Kraków. He never attended a school ing. This draw, however was compensated by great deal imagination and talent. the first painter to endeavour to exalt in his works the atmosphere and unique charm ...As a great admirer of Tadeusz Kościuszko he painted many famous scenes con- with the Kościuszko Insurrection and the history of Polish army. He also delighted ng many peasant genre scenes (a rare thing in that period of history). "Harvest Feast" ...s also folklorism, as was characteristic for the whole artistic Traditionalism.

FOOD FROM POLAND

is not the Kingdom of Mercury only





voivodeship city of Poznań
ost half a million inhabitants),
resquely situated on the River
and its tributary Cybina, in
icinity of a dozen of post-gla-
akes such as Rusałka, Kierskie,
szyńskie, is without doubt, one
oland's most beautiful urban
Owing to the advantageous
on at the crossing of home
nternational trade and com-
cation routes linking the East
the West and the North with
South of Europe, the city has
ved the rank of a cultural
e of the western part of the
try and the commercial capi-
Poland. Mercury reigns here
in June, at the time of the
national Fair, and in spring
ch), as well as in autumn
tember) during national trade

origins of the city, one of the
t in Poland, date back to the
entury. In the years 960—990,
Poland was ruled by Mieszko
d Bolesław Chrobry, Poznań
he capital of the country. The
d of prosperity was crowned
the endowment of Magde-
municipal rights in 1253. To-
s the and of the 15th century
commercial contacts maintai-
by Poznań — by then a trade
e of considerable significan-
— extended to all European
tries, Near East and even
The

brought alternating periods of decline and success; the Swedish wars (17th century) checked its development which was resumed only during the reign of King Stanisław August. At the end of the 18th century Poznań was captured by Prussia to throw the yoke off at the outset of the 20th century.

The organization of the Poznań International Fair is associated with the inter-war period; the first Fair took place in 1925. Thanks to the energy and hard work of its people, Poznań, sooner than other Polish cities hit by wartime destruction, was restored and regained the position of the economic, scientific and cultural heart of this region of Poland. And ever since 1947 the Poznań International Fair has been held — the annual meeting of businessmen from dozens of countries.

The flourishing state of the city is inseparably connected with its fast economic growth and especially expansion of its industry, well represented by such enterprises as the H. Cegielski Works excelling in the production of rolling stock, machine tools and ship engines, whose reputation has spread far beyond Poland's boundaries, the Tyre Factory "Stomil", the Factory of Harvesting Machines, "Lechia" the Factory of Cosmetics, and a great many others. The busiest points of Poznań are Plac Wolności

(the Liberty Square), boasting of the reconstructed Raczyński Library building and the Czerwonej Armii (Red Army) Street — the nucleus of the city's commercial life. Old Prussian fortifications once encircling the City have now disappeared to be replaced by green belts alongside which impressive buildings have been erected, including those of the Praesidium of the Voivodeship Poeple's Council, the Opera House, the University and the Polytechnic. A total of 25,000 students are enrolled at eight higher schools of Poznań. Among the great number of scientific institutes, special attention is due to the Western Institute. Every five years the Henryk Wieniawski Violin Concert combined with the violin-making and composition contests is held in Poznań. Boys' choirs directed by Stefan Stuligrosz and Jerzy Kurczerwski, otherwise known as Poznań "nightingales", are famous both at home and abroad. Also the "Wielkopolska" Song and Dance Ensemble has won a remarkable success, an additional evidence that Mercury is not the sole ruler of Poznań and that the city has other claims to fame, too.

The city which can trace its history for 1,000 years is exceptionally rich in historic treasures, the most ancient ones being found in the oldest part of the town, Ostrów Tumski, situated between the right

nk of the River Warta and its
outary Cybina; it was there that
e first monarchs of Poland esta-
shed their residence. A historic
onument of a unique value is the
thedral, destroyed and rebuilt
ny a time which is supposed to
ve been the very first Catholic
urch constructed on the Polish
nd. Burnt down in 1945, the
thedral has been restored to its
th century shape. In the course
the reconstruction works archeo-
gists discovered remnants of the
th century Romanesque Cathed-
and the tomb of Mieszko I 5
etres deep under the floor. At
esent the Golden Chapel of the
thedral houses the mausoleum
Mieszko I and Bolesław Chrobry.
the left bank of the River Warta
reads the Old Town; medieval patricians' houses carefully rebuilt after World War II have preserved their full original charm. No visitor can fail to be capitivated by the 13th century Old Market Place. The Town Hall in the centre of the Market also dates from the 13th century, but it owes its admirable facade and Renaissance interior to the work of the Italian architect Giovannbatista Quadro di Lugano performed in the years 1550—1555. In front of the Town Hall stands a 16th century pillory and a Baroque fountain of Prosperpine (late 18th century). On the western side of the Old Market Place one may see the Działyński Palace going back to the and of the 18th century, presently a seat of several scientific institutes. Opposite the Palace attention is attracted by a classicist guardhouse and a nearby city weighing house. Of the several churches towering over the Market, the most splendid one is the Parish Church built at the turn of the 17th and 18th centuries. The limited space does not allow to list even the major historic relics encountered here at practically every step. It will be no exaggeration to say that Poznań is a city of a thousand monuments of Poland's past restored with great care and pietism after wartime destruction.

It is worthwhile, too, to visit Poznań museums, and most of all the National Museum with its marvellous works of medieval art, Polish painting and Poland's largest gallery of European painting. Lovers of music will find it interesting to see the Europe-renowned Museum of Musical Instruments where a rare collection of exhibits from different epochs and diverse parts of the world is on display.

And should you get tired during the sightseeing and wish to take some rest, you will not be disappointed, either, since Poznań, well provided with lovely parks, gardens and lakes, has a great deal to offer in this respect. And thus the Zoological Garden was one of the first opened in Poland and the Botanical Garden is likely to impress everyone with an incomparable abundance of plants from various climatic zones. Not far from the Fair area (which, by the way, may also serve as a place of repose) stretches the Kasprzak Park remarkable for its palm-house, specimens of Alpine vegetation and a silver fir grove. In the north-western part of the city there is a beautiful park in Sołacz with swimming facilities in the Rusałka lake. Boats are available in boathouses on the River Warta and there is a boat race track on the artificial Maltańskie lake.

Apart from places of historical interest, it is recommendable for a visitor to Poznań to get to know some of the industrial enterprises in the city and its environs. One of them might be the Poultry Works in the Junikowo district. The latest production technologies have been adapted here and the most up-to--date equipment installed. The latter embraces the Hull freezing tunnel enabling to preserve the full culinary value of the poultry. The temperature of —20 °C in the tunnel is a guarantee of freshness and fine appearance of the product and ensures the unimpaired quality during a period exceeding 12 months. The equipment has extreme importance [illegible] of season pultry









geese, turkeys and ducks. The Junikowo Works engaged in the processing of fossorial poultry: farm chickens, hens, turkeys and quails, exports its products to 20 countries, including France, Switzerland, Italy, the German Federal Republic, England, Spain, the U.S.A., the Canary Islands and to Hong Kong. Under the scheme of continued modernization, slaughter and processing lines are now being installed, and plans are laid down for the construction of a completely new factory complex in the seventies.

Processing plants 8 km from the centre of Poznań along the Warsaw

lake of great beauty in the vicinity of a small 17th century town. It is not only on the account of its natural charms that the locality deserves attention, though. A few years ago a modern feather processing factory was put into operation here. With regard to the latest installations applied, such as the sorting equipment, feathers washing sets and super-modern cleaning machines, both as to the production technology followed, the plant has been acknowledged not only in Poland, but also abroad to be a model enterprise in this line of industry. The secret of the superb quality of





of the poultry delivered to the enterprise during 20 days prior to slaughter. As a result even and ripe feathers are obtained. Sorting of feathers is then carried out and special mixtures are prepared on customers' requests. The main buyers of Polish feathers are France, the German Federal Republic, Switzerland, the U.S.A. and the Scandinavian countries.

After hard work at the Poznań International Fair a rest in one of the beauty-spots in the environs of the city is simply a must. Excursion routes are so attractive that even the most discriminating tourist will find them rewarding enough. By way of a suggestion, we would like to mention the fabulous leisure and water sports resort on the Kierskie lake about 14 km north-west of Poznań. A little farther (15—20 km) the Wielkopolski National Park with its rolling hills on the left bank of the Warta, the most charming corner of the region, is well worth seeing

is interesting not only for its sake. One of the two isles on ke provides a delightful situa- or ruins of a little castle going to the beginning of the 19th ry. A traditional tourist route from Poznań to Kórnik-Roga- osina. The ancient castle in on the Kórnik lake which very many visitors dates to the early 16th century and ebuilt in the middle of the century in the English Gothic Now the castle houses a mu- containing a gallery of por- of prominent Polish families, s items of historic interest, mours and numerous works In the museum library con- of 100,000 volumes one can across invaluable manuscripts ckiewicz, Słowacki, Napoleon any other great men. Another ion here is the extensive Kór- rk, with a profusion (around 0) of home-grown and exotic and shrubs; its history goes to the 16th century. Rogalin its tourist interest to the 18 th y palace, now housing a of the National Museum in ń.

g spent leisure time in such an able way, one might still wish it two up-to-date fruit and able processing factories lo- cated within 80—95 km distance from Poznań. The factories (in Pudliszki and Międzychód) possessing all the modern production facilities fully conform to the highest European standard. The latest equipment embraces i.a. Swedish-made lines for thickening fruit juices, production lines for fruit drinks and nectars as well as those for tomato concentrates. Fruit and vegetable preserves offered by the works belong to the best in Europe. The excellent quality of the products, their fine physical and chemical properties and consistence come as a result of the advanced manufacturing technology and Poland's propitious climate alike.

To complete the picture of attractions awaiting visitors to Poznań and its environs, we cannot fail to mention Racot 46 km south-west of the city. In an old classicist palace from the late 18th century (the work of an Italian architect Merlini), 20 apartments with bathrooms are at the disposal of lovers of horsemanship who, tkanks to the facilities offered by the State Stud Farm in Racot, (the owner of about 700 horses of the Wielkopolska breed) and 948 hectares of meadowland and pastures, can thoroughly enjoy their favourite sport.

Witold Lemieszewski



There are at present four socialist countries (including Poland) among the 76 GATT member countries. Owing to the differences in economic systems, the socialist countries are not treated by the main GATT member countries in a manner that is in strict conformity with the principles of the General Agreement. Poland entered the General Agreement on Tariffs and Trade on the principle of assuming the obligation of quantitatively increasing import from GATT member countries (7% on an annual scale).

Export of Farm-Food Products from Poland to the GATT Member Countries

the other hand, the member
tries committed themselves not
troduce new limitations in trade
Poland and to gradually abolish
se still in force. In practice, the
oach of many GATT member
tries to the abolishment of diverse
existing discriminative restrictions
nsatisfactory from the point of
e cooperation of Poland within
framework of this organization.
se difficulties so far as Poland is
cerned involve above all the export
rm-food articles, which continue
onstitute about 50% of the total
rt to the member countries of the
mon Market and EFTA. In such
uation, we cannot be indifferent
ow this export is treated. At pre-
, after two years of Poland's
bership in GATT, it would be
sable to examine how this Agre-
nt affects the expansion of our
rt, especially from the point of
of the export of this most
rtant commodity group — farm-
articles.

nd's trade tournover with foreign
tries in 1968 reached the value
US$ 5,711,000,000. The total
rt amouted to $2,858,000,000,
h constitutes over 13 per cent
ase in comparison with 1967,

from Poland to countries belonging to GATT berely increased by 1.3%, and the anticipation of transactions to be carried out during the current year indicates a drop in this export by about 4—5 per cent. Countries belonging to GATT take about 80% of the total export of farm-food products, while several of them such as GFR, Gr. Britain, USA, Italy, France import for about US$ 250,000,000. Hence, speaking of the export of farm-food articles to GATT member countries, should be understood as access to the markets of these economic groups of Western Europe which to a decisive degree forejudge the sucess or failure of Polish farm-food export.

The 1967—1968 export of farm-food products from Poland to countries belonging to GATT was as follows: In 1967 — 322.9 milions US$; in 1968 — 327.1 milions US$. This mins a rise of 1.3 per cent.

Food products constitute the basic commodity group exported to countries belonging to GATT. Among the food articles, meat products play the most considerable role. The export of these articles to GATT member countries reached in 1968 the value of US$ 143,200,000. Export of meat products such as tinned ham, meat game etc. has a tradition of many years and the products are highly valued in the markets of West Europe, USA and Canada for their excellent quality and savoury values. Nonetheless, this export fell from US$ 151,000,000 in 1967 to US$ 143,200,000 in 1968, and if it will be maintained at this level it will only be due to the advantageous prices set for these commodities and not in consequence of the quantitative increase in export.

The export of dairy products fell from US$ 16,900,000 in 1967 to US$ 11, 800,000 in 1968 and the estimates envisaged for implemented export during the current year indicate a further drop in this export to about US$ 8,000,000. The export of butter has diminished from 28,000 tons in 1961—1963 to 19,000 tons in 1968, while in consequence of a diminished delivery quota of Great Britain, it will amount to about 9,000 tons during the current year. Endeavours made by GATT to re-arrange the dairy products market gave no result. FAO prognoses do not indicate any improvement in the situation in this field. In the meantime, the butter stocks are estimated by FAO experts at about 600,000 tons. It does seem as if the Mansholt plan would either

A similarly large reduction is displayed by another export article — in previous years one of the basic articles — namely eggs in shells and egg products.

The export of fish and fish products, rapeseed oil and mushrooms has also become smaller.

Export of potatoes, frozen fruit, fresh onion has been maintained at almost the same level as compared with 1967. Certain commodity items have been slightly increased, but these are generally inessential goods in our farm-food export, having no greater chance for increase either as to quantity or value, insignificant from the point of the trade and payment balance.

Farm-food export to European Market countries which are at the same time members of GATT is limited in practice by a whole bag of tariff and non-tariff obstacles, the effect of which is immense on the dimensions of trade exchange. Recently it has been found that there is a tendency toward raising more frequent obstacles apart from tariffs which practically means curtailment of the advantages issuing both from belonging to GATT

...ive with justified unwillingness ...ension of these tendencies in ...pean Economic Community for ...d to a gradual elimination from ...ort to those countries of an ...umber of conventional com... ...groups, especially the farm ...oducts. We are interested to ...ost in a change of the struc... ...our export to one most ...ing to the modern structure ...industry and of the entire ...; nonetheless, in spite of our ...efforts, we cannot do this ...immediately. The system ...by EEC of compensative ...s concerning such articles as ...ugar, meat, poultry, eggs, ...ry products has reduced the ...ity of our farm-food products ...uced the competitiveness of ...ommodities in relation to the ...s within the Common Market. ...tence of a common external ...ces us in a worse situation ...exporters of the remaining ...mber countries and greatly ...the introduction to the mar... ...these countries not only our ...d commodities which con... ...y restrains our aspirations ...change in the structure of ...export, hence redirects to in... ...crease in trade exchange. The discriminative nature of the tariff system has made the EEC areas difficult to access for the traditional farm-food export of a great number of countries — including Poland. Application of Common Market regulations thus fundamentally violates the system of the GATT principles, which were to be of service to the development of an international trade exchange and, when all is said and done, the official record of Poland's entrance into GATT was also signed by the Common Market member countries. The introduction of the mechanism of compensative and additional payments in reference to farm-food articles, included in the common agricultural policy of the EEC, has caused a reduction or periodic elimination from Polish export to EEC of such commodities as hogs for slaughter and pork meat, whose export reached 65,000 tons per year. This causes definite results not only in the field of foreign trade. In the EEC, on the other hand, in consequence of a tariffless exchange within the integrated market and great facilities, subsidies for agriculture, there have accumulated such surplusses of farm products that turning them into cash at present has become a considerable problem (the Mansholt Plan, already cited, deals with this), such as, for instance, the butter surplusses amounting, according to FAO estimates, to about 600,000 tons at the end of 1968.

So far as the countries belonging to EFTA are concerned, the integrational policy, restricted to certain tariff preferences in the internal turnover of manufactured articles does not affect to such an extent the size of our farm-food export as does the ECE. Nonetheless owing to the considerable share of farm-food articles in our export to these countries, mainly to Great Britain, the delivery quotas they have adopted hamper this export essentially. This is of great importance seeing that, e.g. the share of farm-food products in Polish export to Great, Britain amounts to about 54 per cent.

In summing up, one can plainly state that so far Poland has not yet been taking advantage of the same treatment as GATT assures to member countries in spite of essential obligations on our part. Import of farm-food articles to Poland from countries belonging to GATT grew in 1968 by 14.8% in relation to 1967. The value of the farm-food import from GATT member countries amounted in 1968 to US$ 163,000,000. Eighty per cent of the export of farm-food articles was covered in 1968 by the import of articles from the same group

Import of farm-food products to Poland shows a growing tendency. All would be well, if the same tendency accompanied our export

The two year period that Poland has been a member of GATT is too short to make an evaluation of the effect of this organization on the growth of our export, especially of the farm-food export, which belongs, as is only natural, to the most difficult ones from the point of view of internal problems of importing countries. We may, however, express the hope that despite all difficulties access to the markets of GATT member countries will be maintained with a tendency toward improvement in the following years. It lies in the interests of highly developed countries that their trade contracting parties would not know how to pay for import with the "paper gold".

Stanisław Brzóska



The Institute of Food and Nutrition

Poland's export of food products has a long-standing tradition. Despite profound changes in the economic structure of the country, the export continues to develop parallelled by ever-tightening contacts with foreign partners. As a result of the economic changes in Poland and progress achieved in the sphere of nutrition and food production, completely new tasks have come to face our export. It must be stressed that Polish manufacturers as well as our exporters of agricultural -food products are fully prepared to carry out these tasks.
In connection with the new problems to be solved by food producers and exporters, a new important research centre, the Institute of Food and Nutrition, has been established in Warsaw with the aid of the United Nations' Food and Agricultural Organization.



Professor Aleksander Szczygiel

The Editors of "Food from Poland" asked Professor Aleksander Szczygiel, Director of the Institute of Food and Nutrition in Warsaw, to say a few words on the activities of the Institute.

1. Could you inform readers of "Food from Poland" when the Institute of Food and Nutrition was set up and what are its tasks and sphere of activities ?

The Institute of Food and Nutrition was called into being in July 1963 and after 5 years' work received its permanent seat in a new building, which put an end to the split of the Institute into four groupe located in four different — and pretty distant, too — parts of Warsaw. The Institute was organized at the Division of Nutrition and State Institute of Hygiene.
The very first institution in Poland to deal with the inssues of nutrition was a small Division of Biochemistry and Nutritional Hygiene founded in 1926.
The decision to establish the present Institute of Food and Nutrition followed the ever-more pressing need to base the nutrition policies on scientific grounds. It became necessary to adopt the correct structure of farming production and food industry, to improve the system of marketing foodstuffs and the organization of catering.
Once the State has assumed the control of the entire food supply system, the responsibility of the Government and economic and social organizations for the quality of nutrition has considerably increased. Thus much more favourable conditions have been created than under the past economic system for the work on nutrition.
Both the Institute of Food and Nutrition and its forerunner, the Division of Nutrition at the State Institute of Hygiene, are actively involved in working out solutions to a number of practical questions and in elaboration of perspective plans, with due regard to fast socio-economic transformations now taking place.
The specific tasks of the Institute of Food and Nutrition have been laid down in the Statute of the Institute approved by the Ministry of

stitute is subordinated. Without going into details, we may say that the principal objective of the Institute of Food and Nutrition is to act as a leading centre in the field of food and nutrition and to closely cooperate with appropriate scientific organizations and ministries.

The main tasks of the Institute embrace :

— Investigating the nutritive value of food and working out draft solutions in the range of supply of particular food articles to the market. This task is implemented by the Division of Food Science and Technology.

— Research work in the sphere of nutrition economics, consumption statistics and organization of food market, which is carried out by the Division of Economics, Statistics and Marketing.

— Research work in the field of physiology, pathology and nutrition hygiene — handled by the Division of Nutrition.

— Research work on teaching and extension of food and nutrition science. A division of this name deals at the some time with technology and organization of catering.
Apart from the scientific-research work, the Institute undertakes a wide scope of scientific services, both consultative and didactic (special courses chiefly on catering and nutrition physiology).

2. Do the activities of the Institute cover — and if so to what extent — cooperation with other countries ?

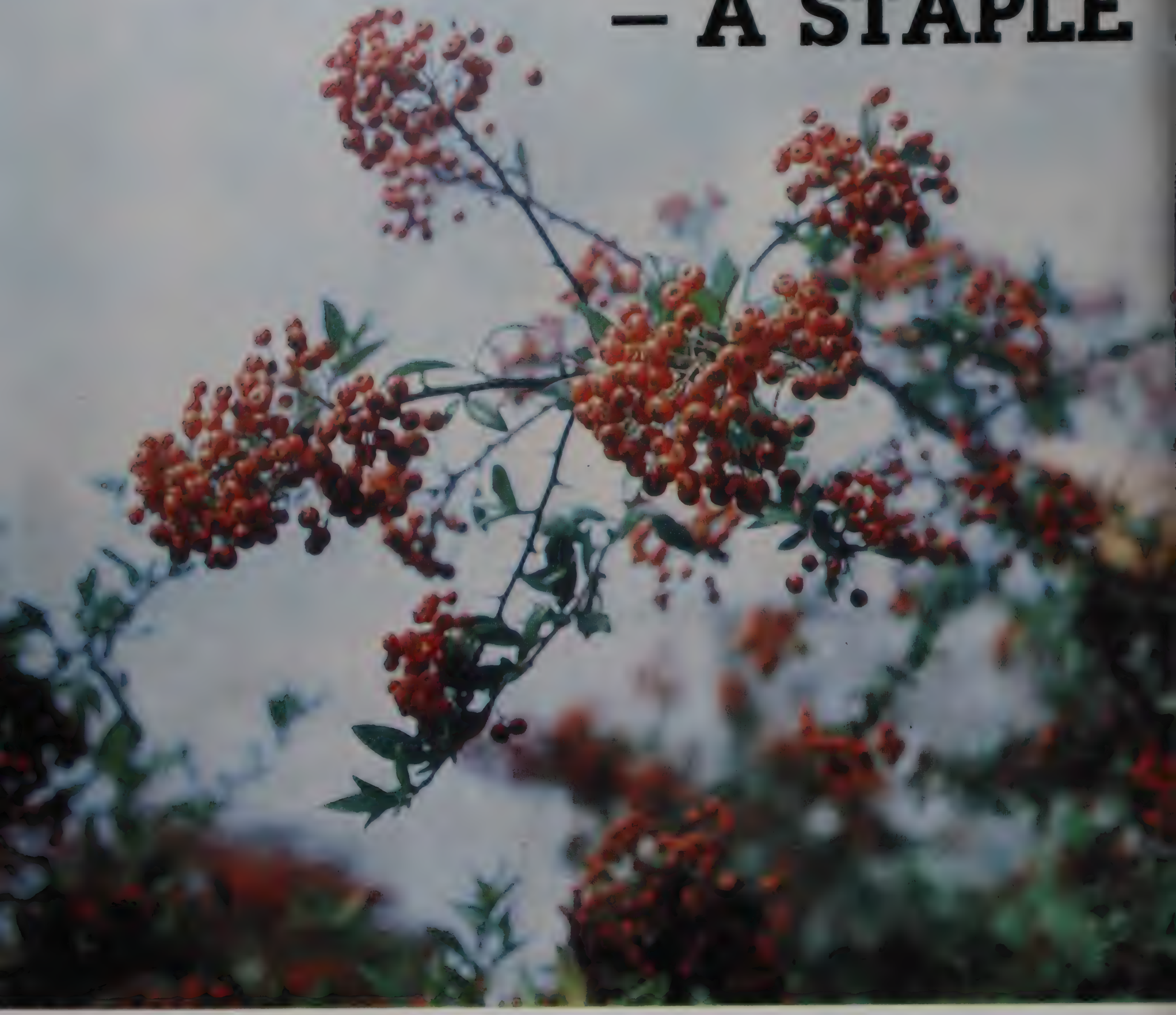
Considering the rapid progress of the nutrition science, such cooperation is an absolute necessity. The Institute of Food and Nutrition has been engaged in cooperation first of all with scientific-research centres in Poland, as well as those operating in neighbour countries, and also with international organizations such as the International Union of Nutritional Sciences, European Group of Nutritionists, Food and Agricultural Organization, World Health Organization.
Emphasis should be placed on our cooperation with FAO and with the United Nations' Development Fund which have had a substantial share in the establishemnt and organization of the Institute of Food and Nutrition, providing, experts, scholarships and laboratory equipment.
Our cooperation, both with the aforementioned and with other scientific institutions abroad will be further extended.
And thus, among other things, we envisage the possibility of offering longer training periods to foreign candidates.

3. What is your opinion on the possible influence of the activities of the Institute of Food and Nutrition on food production, and especially on the further improvement of the quality of Polish food exports ?

The influence is undeniable, but, of course, it will be confined to our field proper only, since there exist other scientific-research and scientific-commercial organizations which are concerned with problems of the quality of export foodstuffs, such, for example, as institutes of food industries, the Quality Inspection Office, the Division of Food Control, the State Institute of Hygiene, and others. Nevertheless, the staff of the Institute of Food and Nutrition will always — as it has done hitherto — invest the entire knowledge and experience in the cause of raising the quality and nutritive value of foodstuffs, both destined for export and home market

Interview by WI. Oryl

THE RAW MATERIAL — A STAPLE



rowth of horticultural cultivation is among Poland's great achievements. At present there are about 0.5 million hectares covered by horticultural cultures and the uction value amounts to about 12% of the production of the entire agriculture. Of this, tables constitute 50% and fruit 34%. The is the production value of nursery seed and mental material

improvement of the qualitative structure of cultural crops is of great significance, espe- the introduction of new assortments of table raw materials such as: green peas h beans, asparagus, spinach sorrel horsera salsify broccoli common and crisp lettuce and green celery, leeks, parsley sweet corn tomatoes carrot Brussels sprout curly and abbage cauliflower kohlrabi small onions ons and cucumbers field beans and many s

mense advance was also made in fruit. It is acterized by the fact that next to the [illegible] cultivated apple orchards the assortment type of other varieties is also being extended production of apples, which is still the most re is being strengthened by the [illegible]

cultivated so far in small orchards near the house The expansion of orchards occupying large areas and providing marketable, top quality autumn and winter apples takes an increasingly high ranking Owing to this, there is to be clearly observed in the recent years, a reduction in the periodicity of apple harvests — the nightmare of orchard cultivation — which gave birth, during its stormy growth — fortunately temporary only — to the concept "Harvest calamities"

New varieties of fruit are beginning to assume greater civic rights in our orchards and berry plantations. Strawberry cultivation made an almost breakneck career, owing to which Poland became second — after the USA — world producer of this valuable raw material as to the magnitude of th harvest. There was also a growth in the cultivatio of berry bushes, among which the coloured an black currant displays a steady trend of growth owing to which our country also takes a leadin place in its cultivation. The cultivation of the morell cherry is going thorough a certain stagnation, th reason that it does not fructify has become "tab la rasa" for scientists and practioners of the entir world

Owing to the exuberant growth of horticulture i Poland, our country, as regards average consump tion of fruit and vegetables per head, has taken th leading place among the highly developed count ries. This is illustrated by the compilation below

Consumption of vegetables in various countries (in kg per 1 person per annum)

Country	1934—38		1966—67	
	vegetables	fruit	vegetables	fruit
Poland	55	20	80	50
Denmark	62	33	57	83
France	143	29	134	78
Holland	67	43	78	181
[illegible]	52	44	56	105
USA	77	70	101	95
Switzerland			77	139
[illegible]	55	45	62	55
[illegible]	56	26	156	114





ck-up was made in 1966—68 of the raw
al bases in which horticultural products are
ted. Such bases are owned by several orga-
ns that deal with horticulture, some of which
Union of Horticultural Cooperatives, Central
ltural Union "Samopomoc Chłopska" (Pea-
Self-Aid), Fruit-Vegetable Industrial Union
thers. The principal tendency of this work
o concentrate and regionalize cultivations
r to develop specialization among producers,
advantage of the most appropriate climatic-
conditions and abilities of producers. The
al objective of checking up the bases was
o create the most advantageous conditions
t and vegetables and to assure convenient
ilities for their sale to consumption centres
r supplying the processing industry. In con-
nce of these undertakings, production, espe-
of vegetables, has been concentrated up
% of the harvest in the regions of central
. Vegetable production in the western and
rn regions of Poland is in principle developed
al needs.

rgest production of fruit is in the eastern
s of Poland where 70% of their entire
y is bought up. Owing to natural conditions,
here the principal role, distribution of
ltural production is along the right lines.

terminant of the growth of horticultural crops
part from the material base — the broadening
skill of producers. Vocational training carried
the instructor service, various organizations
stitutions dealing with the development of
aterial bases, acquaint the producers with
methods of culture, cultivation of plants,
tion and protection of vegetables, orchards
erry plantations. The latest achievements of
fic centers, both Polish and foreign, are
nto consideration.

reasingly closer cooperation between scien-
d producers is to be noticed. This advance
essed by the extensive introduction of the

see with one's own eyes what kind of production technology should be used to obtain the best, the most profitable effects. This is a convincing method for introducing advancement.

The number of demonstrative vegetable and berry fields has become even greater than the number of model orchards. There were in 1966 over 5 thousand such fields under crop and already in 1968 there were about 7 thousand. Such advancement fills one with optimism.

There is a just tendency in the world to level out the consumption of vegetables and fruit during the entire year, as a source of vitamins, mineral salts and other components. Horticultural products are, as a rule, perishable; they spoil easily, but their durability can be considerably prolonged by pickling, conserving, freezing or drying. Preserved vegetables and fruit take much less time to prepare for eating, which has an influence on increasing the demand for them in a processed form. In spite of the rapid development of our processing industry, the number of preserved horticultural products out of their total production is not large and amounts to about 10%. The task is, therefore, to double this number in order to create a foundation for increasing the role of processing in the raising of the nutrition standard of the population. Worth mentioning is that our country leads in the world in certain species, for instance in the processing of tomatoes, for about 70% of the harvest is being processed.

Export of fresh fruit and vegetables causes a growth in their production and raises their quality. The same can be said about the export of products. Certain products of our industry have unlimited possibilities for export owing to their top quality.

Our industry is well informed of the requirements of the foreign consumer and adapts the technology of conservation to his taste. This is expressed in the highly set standards both for raw and pro

them. Recently the assortment list of preserved horticultural raw products has been extended.

Besides tomato juice, frozen cucmber salad, frozen peas, French beans, spinach, Brussels sprouts, cauliflower, mixed vegetables and whole tomatoes, there are conserved and frozen products made of red beets, carrot, kale, salsify, Pellati tomatoes, horse radish, sorrel, onion, peppers, sweet corn, etc.

We wish to put into operation the production and export of marinates from celery root, kohlrabi, green broad beans, sauerkraut and vacuum-sealed dill pickles devoid of the vineger infusion which is harmful to health. We produce mixed vegetable juices and many varieties of salads of various pungency of the infusion and others.

As regards fruit, there are produced — besides compotes, pulps, jams, marmelades, fruit butters — new forms of products such as jellies with a low vinegar content, thickened juices, and juices in solid and powder forms. All this appears in many attractive fruit quality and variety assortments, among which are the products and juices so generally in demand in various forms from morello cherries, huckleberries, black currants, raspberries and many forest fruits.

We are living in the age of chemization of plant production. This is expressed in the use of large doses of mineral fertilizers, and in the chemical control of weeds, pests and disease. Our producer knows that there is a need for using doses of mineral fertilizers but exceeding the optimal limit in dosing — nitrogen, for instance, goes hand in hand with deterioration of the quality of the raw material (cucumber and spinach). The recommendations are observed to restrict general use of chemical agents in the cultivation of fruit and vegetables, but to use mechanical methods such as crop rotation, soil tillage, curtailment of production. Herbicides are treated as a necessary evil even though there is not much to be afraid of leaving them in the plant, especially in view of the fact that these compounds are applied in the young stage of plant growth. Owing to applying the appropriate crop rotation in our conditions, which is linked with an increased area especially of vegetable cultivation, these plants are not apt to be attacked en masse by diseases or pests.

Moreover, cultivation of resistant varieties alleviates the need of applying pesticides and fungicides.

The increasing demand for fruit and vegetables, however, forces the producer to take advantage of these compounds to a higher degree than formerly. Conforming to the recommendations of the instructions as regards the size of the doses, observing the waiting periods and using the right agents reduces the danger of after-effects of these agents. We have regions of production of certain species where there is an absolute ban on using any kind of chemical agent. The raw material from these regions is destined for the already known production of fruit-vegetable pomaces of "Bobo frut" type, which are in great demand. We produce several aid assortments owing to which our

Technology of Fruit and Vegetable Processing

location of processing factories is usually in tral parts of fruit and vegetable growing areas facilitate deliveries of good-quality raw ma- al, unimpaired by prolonged transportation. pending on the climatic and soil conditions of given region, particular enterprises specialize he processing of certain kinds of fruit or ve- ables. In addition, technologies followed are guarantee the quickest possible processing a raw material after harvesting, ensuring also continuity of the production process, its air- htness and far-reaching automatization.
some spheres of production, though, full auto- tization and air-tightness of the entire process impossible and manual labour must be partly ed upon. In both cases it is the top quality of final product that is pursued by the enter- se.

uit and Vegetable Preserves

production of appertized fruit and vegetable serves has in Poland a tradition of many rs' standing. While the technology of apperti- ion (pasteurization and sterilization) does not nge, continuous progress can be observed in range of controlling equipment and methods, ich is in keeping with the growing efficiency production lines.
ish industry issues four types of fruit and ve- able preserves:
Fruit compotes, i.e. fruit in sugar solution of ncentration slightly above 20 per cent,
Solid packed fruits, i.e. pasteurized fruit hout an addition of syrup,
Preserved vegetables, i.e. vegetables in brine ater with a moderate amount of common salt ded),
Marinated vegetables (marinade is a water ution of organic acids with an addition of ces).
tomatized (continuous or semi-continuous) es are employed in the production of the above ed preserves. In the case of compotes and steurized fruit they are general-purpose lines h exchangeable parts depending on the kind fruit to be processed. The making of vegetable serves requires specialized lines (for green as, asparagus, etc.) fitted with a general-pur- se multiple sterilizer on the output
e principle of processing the raw material di tly after harvesting is in force and is rigorously served as in other foodstuffs industries. And at the same time, the operation of production lines is so closely allied with plantations that the planned programme of an enterprise coincides with the harvesting season for particular kinds of raw material (e.g. asparagus). Most fruit and vegetables (peas, beans, spinach) allow for overall mechanical processing, but it does not refer to varieties of exceptionally delicate structure — they cannot be entirely entrusted to machines. And thus a considerable amount of human labour is called for when strawberries and asparagus are under processing, or when cucumbers are placed in jars, since care must be taken that they are all of equal size. The reputation our preserves enjoy for their fine quality is due not only to the careful selection of raw material, but also to reliable sterilization (horizontal autoclaves) and pasteurization (continuous duty immersion-type pasteurizers) equipment.

Fruit Drinks

Apart from nectars, Polish industry turns out large quantities of clear fruit drinks based mainly on the most commonly grown fruits: apples and coloured currants.
With regard to the rich supply of the raw material and its brief ripening season, the production of fruit drinks falls into two stages, and namely,
the production of a semi-product which takes place during the season,
— further processing until thefinal product is obtained — when the season is over.
Our production technologies have been chosen with the utmost care, basing on the experience and achievements of traditional world-renowned manufacturers, such as Switzerland, the German Federal Republic, the U.S.A. The first production stage involves two essential cycles:
a. extraction and stabilization of juice (squeezing, clarification, filtration, pasteurization),
b. thickening until a concentrate is obtained and subsequent storing.
Layer-type squeezing presses used for squeezing now tend to be replaced by horizontal-basket ones.
The latter, while ensuring superior (air-tight and more hygienic) conditions of squeezing, are also featured by increased efficiency.
Apple drinks are thickened to about 68°Bx, and those of currants to about 50°Bx. Aromatic aubstances are concentrated 100 or 200 times. In the state of concentration there is no possibility of microorganisms developing even during many months' storing.
The proper cooling of storage rooms (temperature in the range of 5—10°C) prevents any deterioration of organoleptic properties of products.
In this context we should not overlook the sensational achievement of Polish engineers who have succeeded in elaborating a method of dehydration of fruit volatile aromatic compounds. The method consists in concentrating the aroma several of scores thousand times, i.e. until it becomes an essence and has a paramount importance when it comes to enriching powedered juices with natural fruit flavours, or aromatization of confectionary articles and other foodstuffs. The juice thus reproduced is in no way inferior to the original product. Prior to bottling, it i again subjected to filtration (to obtain the so-called "lustre") and to instant pasteurization, the latter being repeated once more after the bottling. There is a tendency now to introduce hot bottling which involves ultrapasteurization of juice (at temperature over 100°C) and bottling at temperature about 90°C. After filling, bottles are cooled only.

Deep-frozen Fruit and Vegetables

Deep-freezing, as one of the best methods of processing, since it is unparallelled in the preservation of natural porperties and original value

f fruit and vegetables, has been given a due mount of attention in Poland.

he basic raw material used for deep-freezing is rawberry, now so widely grown here that over ne past 10 years Poland has come to be one of ne world's greatest producers of this valuable uit. Fluidization tunnels are applied for fruit and egetable deep-freezing and, because of the nort freezing time (10—15 minutes), a superb uality product can be obtained. Raw material is eep-frozen in bulk and hence the production rocess comprises two stages:

– deep-freezing which takes place during the arvesting season,

– preparation for marketing undertaken when ne season is over and after deep-frozen articles ave been stored for a time at a temperature about 0°C. The above sequence of production cycles akes it possible to freeze within short time large uantities of fresh raw material and to pack it at later date before shipment to individual custo-ers.

esides quick deep-freezing of raw material in ulk, strawberries with sugar are frozen in tins olding 30 lbs; in the case of small-fruit varieties hole strawberries are frozen, and large ones are ut. Preparation of strawberries to be frozen with n addition of sugar is carried out by means of pecial lines provided with vibration washers, orters, cutters and aggregates for mixing fruit ith sugar.

part from strawberries, our industry offers sub-antial amounts of deep-frozen black currants, ilberries and raspberries, and in the line of vege-ables; sliced cucumbers, peas, beans, spinach nd others.

ruit Jams and Jellies

olish-made jams and jellies have a fine tradi-on of long standing. Thanks to the excellent uality of the raw material used, jams from Pol-nd enjoy a well-established position on such ghly competitive markets as Great Britain or weden. The success must be ascribed, among her things, to the significant technological volution both in relation to equipment and prc-essing methods.

is worthwhile to note that our jams which for-erly used to be thoroughly boiled, with the taste

Poland's propitious climate ant hence wide-scale cultivation of fruit and vegetables are tremendous assets in the development of our processing industry

of caramel and darkish in colour, now have the fragrance and colour of fresh fruit. This improvement comes as a result of new evaporators being introduced which enable the preparation of jams at lower temperatures. Parallel to it, the use of sulphur dioxide preserved fruit is gradually eliminated and fresh or deep-frozen fruit is used instead.

For the production based on fresh fruit special lines (designed according to American models) are in use which permit to make the jam at temperature as low as 50°C.

In response to worldwide progress, also Polish industry has undertaken the production of low-calorific jams and jellies with a lesser sugar content.

Consumers have displayed a great liking for this article, and especially for jellies of low sugar content which are made of thickened juices and offered in a rich assortment, including jellies of apples, black and red currants, cherries, cranberries and strawberries.

Tomato Preserves — juice and concentrate are produced on a large-scale in numerous enterprises processing enormous quantities of the raw material during the season.

The processing of tomatoes has a continuous character, is mechanized and automatically controlled. The share of manual labour is confined to the initial sorting out of poor quality tomatoes, and a great deal of importance is attached to it Only tomatoes delivered in the mid-season are approved for juice-making, because of their vivid colour and best taste. Tomatoes grown in our climate contain more acids than Italian or Bulgarian ones, which is a remarkable asset adding to the piquancy of juice. The fundamental principle in tomato processing is that the raw material should find its way to the production lines immediately after harvesting.

Therefore, deliveries take place and processing goes on practically all day and night with a break for cleaning and disinfection of equipment and production halls.

Much emphasis is laid on the early separation of seeds from the flesh, so as to avoid the bitter aftertaste in concentrate.

The thickening of tomatoes is carried on until the content of the extract reaches 30 per cent (i.e. fivefold concentration is effected). The process of concentration is performed in two--stage evaporators and the temperature at the second stage is in the range of 45—50°C, which is a guarantee of the correct taste and colour of the concentrate. The degree of concentration is automatically controlled by means of electronic refractometers.

In recent years isotopic apparatus has been put to use to control the thickness of concentrate with a far greater accuracy.

At the final stage both tomato concentrate and juice are subjected to careful stabilization treatment, that is sterilization at a high temperature. The packaging consists of tins holding 170 g for concentrate, and 0,5 l tins or 0,33 l bottles for juice.

Out of season tomato juice production lines are used for the making of a wide choice of vegetable juices, such as celery, celery-and--tomato, or multi-vegetable juice, composed of 4, 5 or even 6 ingeredients. Multivegetable juices are available in two taste versions; mild and piquant. During the summer season the same lines serve for the production of nectars of strawberries, black and red currants, cherries, pears and plums. Both the technologies followed and modernization effort are aimed primarily at a further improvement of the quality of products and bringing their value as close as possible to that of fresh fruit and vegetables.

Anna Konczewska



Development of the Refrigeration Industry



At the end of the last century freezing was used mainly in the brewing industry and also in slaughter houses in large cities. There were very few plants with freezing equipment, and the equipment used at that time had much smaller freezing capacity then now

Recognizing refrigeration as an important factor in the economic development of the country, in 1920 Poland joined the International Committee for Refrigeration in Paris. Cooling, freezing, cold storage, and transport of perishable goods have always been given and are being given particular attention by authorities running the national economy in People's Poland

But it was not until 1960 that especially good conditions for the development of the refrigeration industry in Poland were created

To overcome the difficulties resulting from freezing being used in many branches of the economy, the Chairman of the Council of Ministers called in July 1960 an Inter-Ministerial Committee for Refrigeration. The aim of the committee was to coordinate



problems connected with the
d expansion of the freezing
y in the country.
ost spectacular development
industry was noted in 1960—

1969. During this period we have built two times more freezing plants than in 1950—1960.

The expansion of the freezing capacities made it possible to increase supplies of fruit, vegetables and ready-prepared frozen meals to the home and foreign markets.

The table below shows the production of frozen fruit and vegetables:

Years	1957	1960	1965	1968	1970 (plan)
tion of frozen fruit and vegetables in tons.	960	10,000	14,000	31,000	27,000

roduction of ready-prepared
meals has been also growing
milar way.
fruit and vegetables are pro-
in Poland in cold stores and in
ous food and vegetable pro-
plants. As regards cold storage
per head of population, we
the average European level
such countries as France,
m and Sweden.
velopment of cold stores goes
er with the development of
g plants in the food-stuff in-
the latter being an important
ensuring proper technological
s as well as proper storage and
rt of perishable produce.
ezing plants built before 1963
mainly of 5 storeys. Holds
d on the bottom floor are
ed for keeping goods in zero
atures, while freezing tunnels
ambers are usually on higher

At present, we are building one-storey plants. They are quicker to put up, ensure proper exploitation and better utilization of floor space.

The Polish refrigeration industry applies widely direct evaporation of ammonia, with pump system being used in all plants in the last few years.

It was not until a few years ago that the production of freezing machinery started in Poland. Therefore, some necessary machines are imported from countries which have longer traditions in this field than we.

The present potential of the refrigeration industry has been achieved thanks to proper utilization of various types of air-compressors, aggregates, freezing chambers and tunnels and also freezing facilities on vessels and mother ships.

Some of our refrigerated vehicles are produced in the country, others are imported. We are developing also the production of freezer showcases and cabinets for shops and restaurants.

Especially good results have been achieved in recent years in the production of various capacity home refrigerators. During the period 1961—1970 home refrigerator production increased 10 times from about 54.000 in 1961 to about 530.000 in 1970.

The intensive development of the refrigeration industry made it necessary to put proper stress on research work.

We have now 2 central research institutes: The Central Laboratory of Refrigeration in Łódź and the Central Institute of Refrigeration in Cracow.

The Central Institute of Refrigeration in Cracow is carrying out research work concerning technical progress, authomation, equipment, and designing for the chemical, shipbuilding and other industries. The Central Laboratory in Łódź deals with microbiology, chemistry, storage and production of frozen food-stuffs, and also — in cooperation with the Central Station of Railway Transport Research and Development — with frozen food transportation.

Both the Central Institute in Cracow and The Central Laboratory in Łódź are cooperating with technological faculties of engineering and agricultural colleges. The Warsaw, Gdańsk, Cracow and Łódź engineering colleges as well as the refrigeration faculties of agricultural colleges supply the industry with highly qualified personnel.

The industry receives also highly qualified people from technical secondary schools such as the Secondary School of Refrigeration in Gdynia and from refrigeration faculties of various technical secondary schools in Poznań Dębica, Cracow and Warsaw.

The Inter-Ministerial Committee for Refrigeration, apart from coordinating the activity of the whole refrigeration industry, is keeping in touch with various research institutes from the Council for Mutual Economic Assistance and from the International Institute of Refrigeration.

The Committee has several working groups dealing with such questions as transport, planning, and training of personnel for the industry.

Dr. Stanisław Lindberg

POLCOOP

Hare Unlimited Export Possibilities

iew with Jarosław Nowicki, (Eng.) Managing Director of POLCOOP

olish foreign trade enterprises are engaged in the export of articles of rative production. Three of them: HORTEX, POLCOOP and SPOŁEM food products while COOPEXIM exports a broad assortment of industrial mer goods.

OOP is the largest and oldest co-operative foreign trade enterprise. In o give our Readers the most comprehensive information on this exporter, proached Mr. Jarosław Nowicki, (Eng.) the Managing Director of POL- with the request to grant us an interview.

TION

OOP is the Foreign Trade Enterprise of the Centrol Agricultural Union of pomoc Chłopska" Co-operatives, the largest co-cperative organization in . We would like to ask you, at the beginning, for an information on the of activities of the Enterprise of which you are the Managing Director?

as turnover is concerned, POLCOOP holds the leading place among the g co-operative foreign trade enterprises. Our activities cover import, transactions and export.

OOP is one of the leading world importers of potassium salt. The annual of this product amounts to 2 million tons. Potassium salt is purchased ur partners in France, Spain, the German Federal Republic and the German ratic Republic, Italy and the USSR. What concerns barter or compensation ctions, we conduct this form of international cooperation with co-opera- ganizations of socialist countries only. This turnover serves to carry out change of market surpluses which supplement and diversify the assor- of goods available on our home market.

n observations are that this form of exchange has good prospects and we dy to considerably extend it both quantitatively and geographical.

TION

e ask for a detailed characteristic of POLCOOP's export program?

ost important activity is export. I shall begin with potatoes.

OOP is the sole exporter of table, industrial and seed potatoes. The total export amounts to 600—700 thousand tons. We export potatoes to 35 ies of Europe, South America, Africa and Asia. Poland is the world's big- after the USSR — producer of potatoes and an important producer of products such as a nutritive fodder component for livestock, potato for fodder and other products. Polish potatoes are in great demand owing ir high savoury values and ability for prolonged storage. The soil and cli- conditions in Poland, expecially in the central-northern belt, are excellent cultivation of potatoes. This permits for a limited use of fertilizers, which n positively affects the savoury properties of the potatoes. Of course, portant role is played here by the tradition of potato cultivation, experience farmers and an extensively developed network of agricultural schools and es as well as the training courses conducted by agricultural specialists. xpanding production base of potatoes and the ever growing demand of n buyers necessitated the expansion of storage facilities for potatoes.

POLCOOP

POLCOOP

POLCOOP will soon get such a storehouse of a surface area of 10,000 sq.m on the Coast. The Central Agricultural Union of Co-operatives is building about 100 grading and storage plants. This will enable the export of potatoes throughout the year. We have already entered the markets last year as an exporter of potatoes from autumn to spring without the winter break. To meet the requirements of our foreign buyers we have imported the latest packing equipment to Poland. We wish to introduce in this way one more modern element to the export of this product.

The high quality of Polish potatoes is confirmed by the verbal opinions of our customers, letters and even foreign press clippings, which our Enterprise frequently receives.

And now beans.

The second item, of which POLCOOP is the sole exporter, are beans. It is worth stressing that there are no beans in the world that could compete with ours. True, beans from Poland are expensive, but they are the best. As an example, I shall mention the world famous "Piękny Jaś" (Pretty Jack) beans. These beans noted for their snow-white appearance, are homogeneous, boil well, evenly and quickly, have a nice appearance and, what is most important, are very savoury. As a matter of fact, no one in the world produces similar beans.

A similar item in the export of POLCOOP are peas. Especially the peas called "Victoria" also have no equal. A rival are American peas called "yellow first and best" but they also do not match the Polish peas. Polish climate, soil and cultivation — have this advantage that the plantations are free of pests. Owing to this, it ripens uniformly and just as uniformly it becomes soft when boiling.

Poppy seed is another leading article on our export list. Poland is the world's biggest producer and exporter of poppy seed. Polish poppy seed is featured by its steel blue colour and specific savoury properties. These values issue from the fact that we have excellent varieties of poppy seed and from the careful, very time-consuming cultivation. Cultivation and harvest are to a considerable degree carried out by hand. Work, and as already mentioned, climate and soil conditions — are the secrets of its high quality. The quality is also decided by the lack of black dry and unripe seeds. An additional guarantee for the quality of the poppy seed are our cleaning plants provided with modern imported equipment.

VEGETABLE AND FRUIT PRODUCTS

Vegetable and fruit products of co-operative production constitute a sizable export item of POLCOOP. Until recently fruit pulps were at the top of our export list. We are at present changing the structure of this export. Ever smaller quantities of pulp are produced and exported every year, the pulp being graudally replaced by frozen and pasteurized fruit and by fruit compotes.

The quantity of pulp offered for export will be reduced by 50 per cent in 1970 as compared with 1968. The export of frozen fruit will be increased correspondingly. Also in this line the quality of POLCOOP exports is unrivalled. Of such are, for instance, the Polish strawberries and above all the variety "murzynka" (negress). To us co-operators it seems that it is easier to keep an eye on small plants and that this creates more convenient conditions for obtaining high quality products.

MEAT PROCESSING

Meat processing constitutes a sizable item in the production of the co-operatives united within the Central Agricultural Union of Co-operatives. POLCOOP exports about 5—6 tons of frozen rabbit meat per year. Its buyers are the Germen Federal Republic, France, Italy, England, Switzerland, the USA, Belgium, Spain and even merchants from the Canary Islands.

Recently, new sale forms of this meat were introduced. Thus, we export whole rabbits frozen in hostphanes, fresh chilled rabbit carcasses, carcasses cut into portions in hostphanes and cut into portions on trays of "food container" type. The savoury qualities and colour of the meat — which are the results of good breeding — contribute to the successes of this meat under the most difficult competition. A vast majority of this meat is derived from domestic breeding of individual farmers. Natural fodder, small quantities of synthetic fodders and mixes afford this meat its good taste. We are planning to increase, in the nearest future, the export of rabbit meat in a fresh state and cut into portions.

POLCOOP is also a large exporter of fresh and frozen horse meat and giblets. This meat is exported in the form of quarters and meat blocks — fresh and in a frozen state. Obviously production is also carried out at a special request of customers. For instance, fresh meat in own sauce in barrels or in quarters (without bones) which is prepared at the special request of Japanese merchants.

POLCOOP

POLCOOP







Senga Segana and Others

Nature has generously provided the Bydgoszcz voivodeship with forests which have come to be known as Bory Tucholskie (the Tuchola Forests).

It is no matter of pure chance then that in the town of Tuchola, the administrative centre of the district, the purchase and supply cooperatives run a fruit-and-vegetable processing factory. While producing also a rich variety of other fruit and vegetable articles, the enterprise relies largely on the crops furnished by the neighbouring woods.

"Hard luck," complains Mr. Alfred Aftyka, Director of the Tuchola Processing Factory. "At the end of the last year we developed the works by putting into operation a newly built, modern department. And yet our increased production capacity could not be fully utilized as the crops were seriously affected by climatic whims. Not a drop of rain over a long period of time; small wonder the growth of fruit and vegetables was retarded and we were no less disappointed in the forest crops."

In the production halls of the enterprise work is in full swing. A few hundred women in white overalls and caps are busy packing nutritive, vitamin-rich gifts of nature.

Inside spacious storerooms you can see piles of jars, demijohns and tin cans filled with compotes, pasteurized fruit and musts as well as cucumbers prepared in various ways. Musts and pulps are stored also in huge containers. Before long appertized and marinated mushrooms are expected while impressive quantities of winter supplies of deepfrozen products of every description can be seen in a well-equiped refrigeration storage house. A certain proportion of this varied assortment is directed to the home market, while the rest (amounting to as much as 60 per cent of the total output) will be purchased by our customers in Great Britain, France, the Federal Republic of Germany and even remote Canada.

A Compote Dish of Strawberri

and cognac to his guests. Not so Mr. Aftyka, since the beverages he can offer outdistance any traditional drink being far more wholesome and tasty. And therefore I put aside my cup of coffee, when his secretary brings in a jar of aroma-full strawberry compote.

„But it's delicious, a real titbit," I cannot help exclaiming when tasting the compote. Can you tell the secret of the superb taste?," I ask the Director. "I think you owe it to your outstanding technology." — To be sure, is the answer, but there are more factors which add to it. The taste depends also on the variety of the raw material use and special cultivation methods followed. And we must keep in mind, too, that no chemical preservation agents are used in the production, with the sole excepion of pulps, but even in the latter case the amount of chemicals is brought down to the minimum.

In our enterprise economy nothing is left to chance. And thus deli-

Quail Meat a New Offer

The "Polcoop", Foreign Trade Enterprise, while dealing in the export of such large-scale consumption products as potatoes, fruit and vegetable preserves and seeds, offers also a number of rare delicatessen articles greatly sought after on foreign markets.

The delicacies in question include edible snails, frogs, rabbit meat, goose and duck liver. The exports of some of the above mentioned articles show a distinct upward trend parallel to the expansion of breeding and processing facilities.

The latest addition to the "Polcoop" list of export delicacies is quail meat. Quail, available on the market in limited quantities only, is considered to be a topgrade titbit served in the most exclusive restaurants of Western Europe. As quails are nowadays seldom found living in natural environment, we have followed the Japanese method of breeding them in farm conditions. The farm breeding of quail in Poland was initiated by the Chair of Animal Breeding — the Institute of the Main School of Agriculture in Warsaw.

First attempts at breeding quails in the man-made environment were undertaken in the school-owned farm in Brwinów near Warsaw, basing on eggs sent over from Japan.

f raw materials are ensu-
the contracting system.
members of the staff, hi-
s experts, see to the con-
overing adequate supplies
materials and, above all,
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supplied for processing.
s year — the year of crops
than usual because of the
ged draught — even the ut-
fficiency could not help.

The Taste of Hippophae Rhamnoides

It does not seem to be necessary to discuss here the products which have been traditionally making a part of the Tuchola factory offer. The compotes (made of strawberries, bilberries, cherreis, gooseberries, plums and black currants) enjoy a well-established reputation with our buyers, and so do pasteurized fruit and musts, mushrooms in a vinegar solution and appertized mushrooms, as well as other preserves of forest crops such as bilberries or cranberries.

Yet the enterprise does not cease to broaden its assortment, and thus this year deep-frozen Hippophae rhamnoides will make an addition to the list in the line of forest crops. About 10 tons of this comparatively little known fruit — a valuable and excellent flavouring to go with wines, soups and ready--made meat dishes — have been turned out. Successful experiments have been undertken in the sphere of the deep-freezing of mushrooms and as it has appeared that it in no way reduces their taste and nurtritive value, deep-frozen mushrooms will also be found in the export offer of the enterpriese. Other novelties inclue deep-frozen vegetables, such as Brussels sprouts and mixed vegetables containing peas, beans, cauliflower, carrots, celeries and Brussels sprouts; mixed vegetables being exported in 1/2 kilo packaging. As a rule, the factory delivers products in its own packaging, but the costomer's packaging may be used on request.

It is not only the buyer, but most of all our enterprises which are interested in the best quality and packaging of the merchandise. The entire production process is supervised by the staff of the chemical laboratory managed by a highly-qualified specialist in the field. The latter is the best guarantee that no product of inferior quality will ever be allowed out of the factory. This, however, is by no means, the final quality check and the goods will be inspected many a time yet before they cross the border. We do our best to meet the wishes of our customers and we have had some success in it, I daresay, concludes Director Aftyka.

g established contact with the ute, "Polcoop" drew into coope- its supplier — the Agricultural e Cooperative in Dawidy near aw. Employees of the Cooperative ed special training in the sphere ail breeding, an adequate amount gs were bought, which enabled Cooperative in Dawidy to start ing quails on its own and at the time to encourage local farmers so.

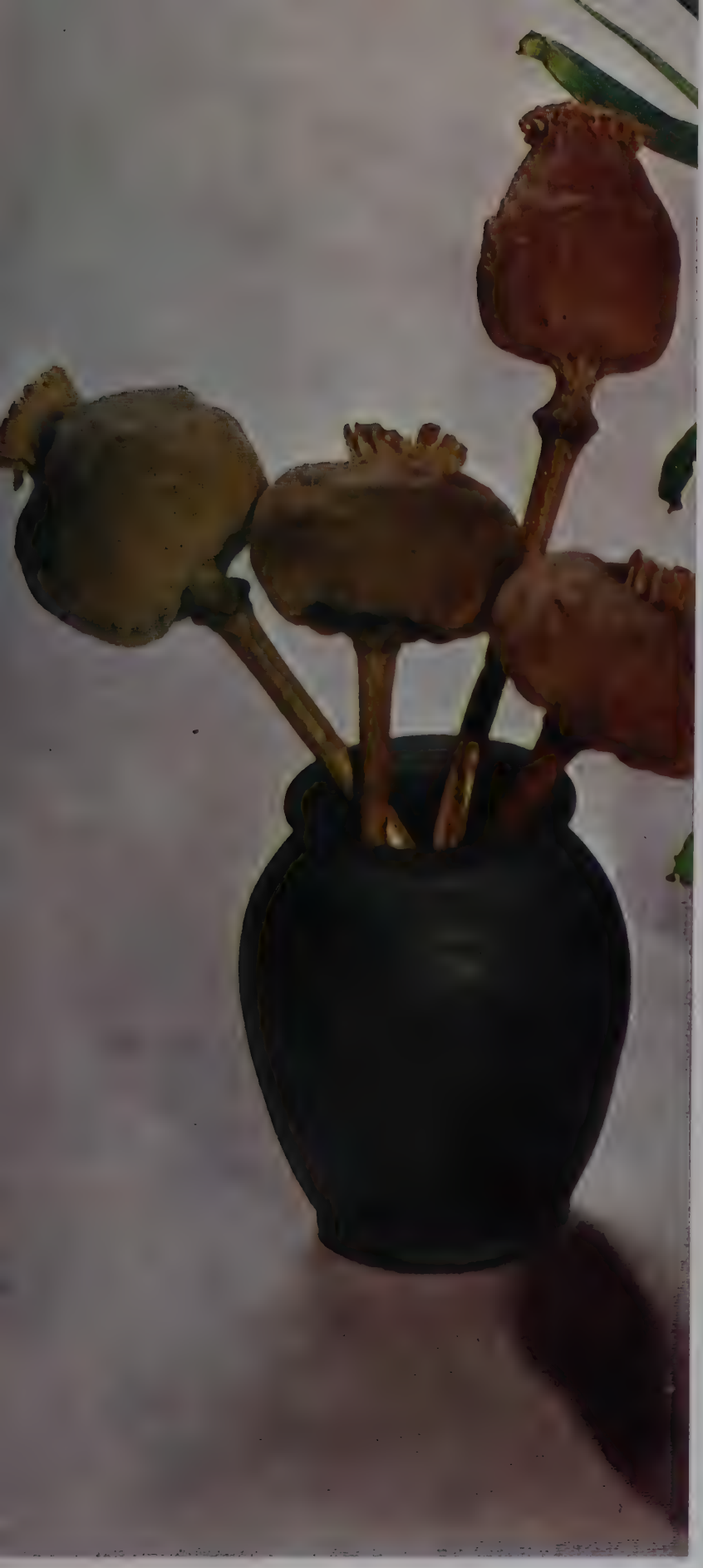
s way the experimental breeding romoted to the rank of industrial production of quails. The success scheme is best reflected by figu-

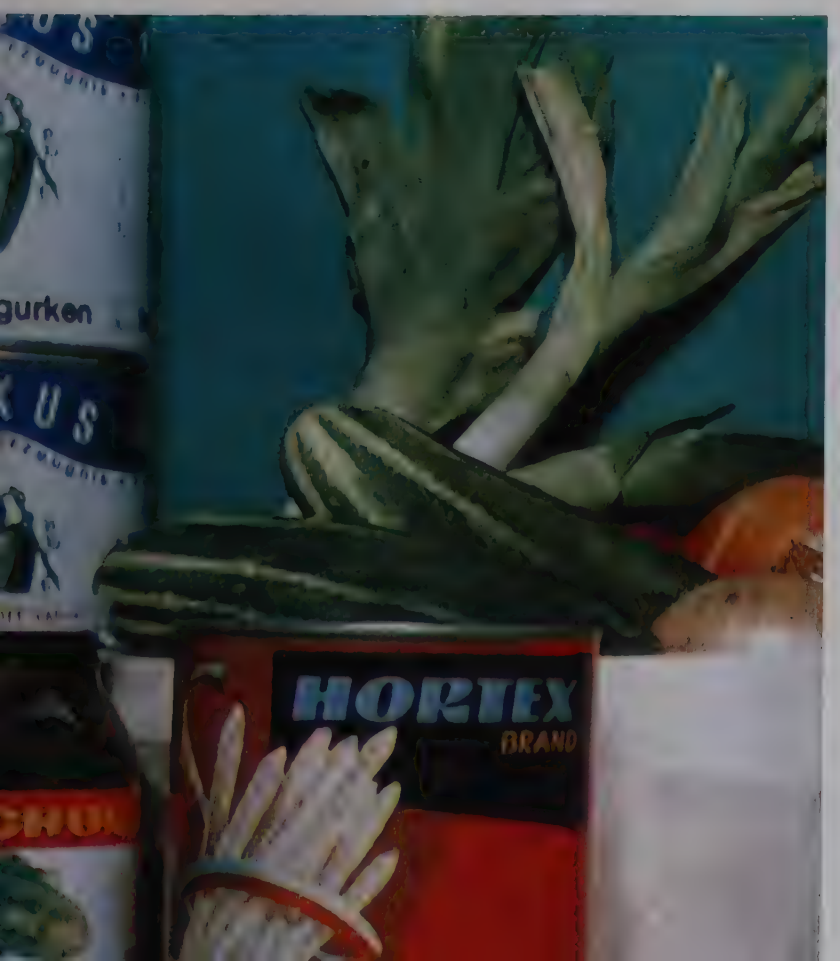
1969 (to France and Holland) which is to rise to 100 thousand quails to be delivered to foreign markets in 1970. There exist possibilities of a further increase in production and hence in market supplies of this valuable bird.

And still a piece of information on the "Polcoop" exported quail meat. The average weight of a bird after slaughter comes up to 100 g. Quails are exported deep-frozen. Prior to deep-freezing, they are packed in polyethylene bags (each bag holding 4 birds) and then into cartons.

Quail meat appears to be a noteworthy

12 Years of Hortex





The following is our interview with Mr. Tadeusz Kaliński, Managing Director of Foreign Trade Enterprise "Hortex"

"Hortex" has been engaged in international trade exchange for 12 years now. What is your opinion of the results obtained by the Enterprise during that period?

Considering that "Hortex" entered the arena of international commerce only 12 years ago — which in trade relations is a comparatively short period of time — I must admit that the effects achieved so far have been satisfactory. To support this statement I would like to present a couple of facts and figures.

Firstly, "Hortex" exports have won the markets of 60 countries. It must be emphasized in this connection that these are exacting markets and we have to do our utmost to satisfy the wishes of our trade partners and consumers alike.

Secondly, our total export of fruit and vegetables during the past 12 years came close to the 2 million tons mark, which seems to be an adequate proof of confidence our firm enjoys with buyers of practically the whole world.

It is worthwhile to bear in mind that, being a cooperative foreign trade enterprise, "Hortex" has the advantage of its own production base represented by gardners and planters associated in the Central Union of Horticultural Cooperatives. Thanks to our lively business contacts with other countries, a substantial increase in production was observed over the past 12 year period, concerning particularly those articles for which the demand on foreign markets was rising, such for example as currants, raspberries, strawberries, onions, champignons, etc. The expansion of our production facilities has been remarkable and involved, i.a., the construction of our own cooling storage plant in Góra Kalwaria, well-known to our clients, while the erection of other plants of this kind is now under way. Also, which is of primary consequence to us, we managed to have educated able and energetic straff of young specialists who enjoy a well-deserved esteem with our partners and friends abroad.

Have there been any changes in the range of "Hortex" exports?

No essential changes have been undertaken in the programme of "Hortex" sales abroad. From the very outset of its activity the enterprise has dealt with the export of all vegetables and fruit grown by members of horticultural cooperatives associated in our Union. Both vegetables and fruit are offered fresh or processed, i.e. in the form of preserves or deep-frozen.

Now that we are speaking about the range of our export, we cannot overlook the ever-progressing shift in its structure regarding the share (both in terms of quantity and value) of fresh and deep-frozen vegetables and fruit. At present, more and more preference is given to preserved and deep-frozen products, which is desirable from the point of view of tradesmen, consumers and our industry alike. It means that when harvesting is in full swing and it is difficult to properly handle the entire crops, appreciable surplus quantities of fruit and vegetables are delivered to processing factories for deep-freezing. This in no way affects the natural nutritive value of the goods which are supplied to the market when the season is over and fresh fruit and vegetables are not available any more, or kept in stock as a reserve for a year of poor crops. Deep-frozen fruit and vegetables of excellent taste and flavour can successfully replace fresh products and are well worth broad popularization.

Mention is also due to the fact that four years ago "Hortex" initiated import deliveries to the Polish market of grapes, peaches, apricots, tomatoes, paprika and other kinds of vegetables and fruit.

What are your ambitions and wishes for the coming years?

First of all, we would like to maintain our position on foreign markets.

Until now, "Hortex" has had much success in the tough competitive struggle that is going on. Owing to the superb quality and wide assortment of our market offer, as well as to the rigorous observance of contract terms, we have been able to face the competition of such world-renowned exporters of horticultural goods as Italy, Holland, Spain or France.

Today, consumers abroad highly appreciate and aegerly buy "Hortex" products bearing the "Krakus" trademark. In view of the market situation we cannot but be most disappointed that certain restrictions in trade exchange with Poland have not yet been lifted, as it was expected two or three years ago. This refers in particular to restrictive policies followed by member countries of the European Economic Community and the European Free Trade Association, hitherto our major markets.

The fact is that although our products are greatly sought after in those countries, we sometimes find it extremely difficult to meet the existing demand. Let me therefore express here our sincere hope and desire that, in accordance with the decisions of the General Agreement on Tariffs and Trade, joined by Poland as a full member two years ago, the obstacles encountered nowadays will be finally eliminated.

Interviewer: Jot-ka

In the cradle

Nearly 60 years ago, in the summer of 1912, at the railroad station Czerniewice near Włocławek, was loaded into refrigerator cars specially brought from Vienna the first consignment of bacon produced in the Agricultural Bacon Production and Export Cooperative in Czerniewice.

None of the then present persons, engaged in meat industry realized, that this very day begin long years of successful cooperation between Poland and Great Britain, and that the plant in Czerniewice is to be known as the "cradle" of Polish bacon production.

Much water has flown under the bridges since those days. Much has changed in Czerniewice. The small, modestly equipped workshop has been transformed into a modern bacon processing plant.

— What can explain the fact that the bacon from Czerniewice has been for half a century so greatly popular with the merchants and consumers all over the world, especially in Great Britain? — we ask mr. Mieczysław Łuczak, Director of the plant.

— Good results of industrial production and export of bacon depend above all on the high quality of pigs.

The breeding of pigs in Poland is first of all in the hands of thousands of individual farmers. It is precisely from these individual farms, where the care of pigs is exceptionally great and the feeding is based mainly on natural fodder, that our plant gets excellent meat of high standard value. Many farmers have "specialized" in the breeding

coners, and this sector is often the base of their economy.

But irrespective of the results to-date, in many farms from the districts near the plant in Czerniewice, farmers work constantly on the further improvement of the quality of pigs.

This work is assisted by: the contracting service of the plant in Czerniewice, the zootechnicians from the Union of Breeders of Bacon Pigs, and the zootechnicians from several People's Councils. They organize for farmers the delivery of pedigree pigs (young sows and, if need be, boars), whose breed gives better and better meat for the plant in Czerniewice. They issue also instructions in the field of breeding and feeding, as well as breeding advisory services for farmers living in the nearest districts.

The progress in breeding of pigs observed by us in the vicinity of Czerniewice during the last few years, permits us to raise further the quality requirements with regard to the pigs delivery, and thereby to improve further the final product — the export bacon.

— It is noteworthy — said the director — that we choose for the production of bacon pigs of the meat-type only, most often pigs of the great, white, English breed, or a cross of this breed with home pigs of the meat-type.

We walk with the director across the court-yard in the direction of the processing plant. After passing through clean excellently ventilated pigstyes, where the pigs rest, we come directly to the production halls. In the first of them, a belt conveyor transports the slaughtered pigs to further processing departments. One removes here mechanically the bristles, divides the halved carcasses, and segregates the bacon halves.

— The many-years' experience of our staff — explains the director — is coupled with modern production methods. The plant in Czerniewice has been modernized during the last 25 years. In 1956, we introduced all novelties of this industry. Many things have been changed then; there have been introduced, for instance, the mechanical bristle-removing machines. We have changed the transport, the cooling of halved carcasses, etc.

Most foremen and workers responsible for the production have many years of practice, in some cases over 30 years. Some of them, as Mandald Egild for instance, a native of Denmark, a master of butchery, came to Czerniewice as an instructor 47 years ago, has trained during this period many excellent pecialists and only some months ago retired.

— An extremely important factor — stresses director Luczak — is the fact that we use recipes tested during many years of practice. This fact, coupled with a technologically modern and highly mechanized production, determines both the appetizing appearance and the excellent taste of bacon produced in Poland.

The director invites us to look at the production of bacon. We follow him.

To a large room, where stands a table equipped with a metal belt, come cleaned halved

of Polish bacon production

carcasses, which have passed through a Danish depilating furnace. A worker at the first working stand holds a pistol-saw and cuts off the rib-heads, parts of pelvis-bone and transversal outgrowths. The further processing of the carcasses takes place at the next stands. At one of them the shoulder-blades are taken out with lever-pliers. After the complete treatment, the halved carcass is lifted with a hoist to a conveyor and transported to cold storage.

Across the green courtyard we go back to the office. The director calls our attention to the strict connection of the plant with the development of science and technology. The plant cooperates with professor Pezacki from the Higher Agricultural School in Poznań, who is especially interested in problems facing the plant in Czerniewice, and participates in the solution of many of them, using scientific methods. Such a cooperation permits the plant to improve production methods and to raise the quality of products.

The closing remarks of the director concern the ability of adapting production methods of the plant to the tastes and likings of English consumers, and efficient scientific and thorough control during and after the production of bacon (CIS).

Our car, after dipping its wheels in a channel with a disinfectant, passes the large carefully whitewashed gate, and turns into the highway. We are leaving behind us the Plant in Ogród, the former Meat Processing Plant in Czerniewice, which before long will celebrate its 60th anniversary.

(Ef-kot.)





Animex

Foreign Trade Enterprise "Animex" exports
modities and products of animal derivation.
commodity tender of "Animex" is as fol-
:

t and meat products

on, the traditional export of which reaches
60 years. It is exported in halves or cut
nto pieces. Each of the elements such as
mon, skinless, back sweet-cured, boneless
lies etc. are cut from halves of bacon.

t preserves

, packed in 1 to 21 lb tins of various forms
as óblong, pullman, mandolin, family.

, beef, veal preserves

e preserves include about 30 varieties in
us packaging and various weights (mini-
340 grams). The preserves are prepared
rding to recipes adapted to the demand of
oreign market and likings of the consumer.

-butcher meat products

-butcher meat products are exported as
and dried in diverse varieties, hence:
, corded in a bladder,
d ham in a bladder,
dried pork sausage (kabanosy),
ked tenderloin — "sopovka" and "Salmon",
us kinds of sausage:
ovian
ed
ing
sausage and others.

nal fats

nimal fats, lard and fresh bacon are offered.

Ready-to-eat meat-vegetable dishes

These products are sold in tins and jars. They include a wide variety, hence:
Home made bigos (pork and beef stewed in sauerkraut)
Veal with French mushrooms
Tripe a la Polonaise
Beef Goulash
Stuffed cabbage in Tomato Sauce
Meat balls in tomato or other sauce

Soups

The tender includes soup concentrates of many kinds as bean, pea, tomato, vegetable, white sour soup and others.

Eggs, poultry and feathers

"Animex" offers:
fresh eggs in shells and egg products, frozen egg mass, egg powder from whole eggs and separated (whites, yolks), frozen or powdered.
The list of poultry varieties includes:
Poultry, drawn frozen or cooled, primarily geese, ducks, turkeys.
Frozen or cooled poultry is packed in polyethylene bags of "syrvae" type, tightsealed by the vacuum method. Parts of poultry — breasts and thighs — are also sold.

Poultry preserves

Tenders are for:
Whole chicken in broth, of 1450 grams weight,
Half a chicken in natural jelly, of 500 grams weight,
Geese fillets,
Goose liver pate

Feathers and down

"Animex" exports bedding feathers with a larg
content of down. Feathers are sold in a whit
semiwhite and gray colour of A and B standard.
Feathers are packed in bags of 25 or 50 k
weight net. Ornamental turkey feathers, coloure
or dyed of diverse shapes and sizes are als
offered. Industrial feathers in packages of 1
and 20 kg. net.

Dairy products

Include: fresh unsalted and salted butter i
beech barrels of 50.8 kg weight, in blocks
packed in cartons of 25.4 kg weight. Butte
formed in retail cakes of a weight of 8 oz an
250 grams packed in wax paper and aluminiu
foil is also sold.

Full milk powdered by the pulverizing metho
in bags of 25 kg and in tins of a weight of 2 kg
Hard cheese of various kinds such as: Gouda
Tylżycki, Edam, Cheddar, Mazurski, in block
or cylinders.
Cheese from ewe's milk of 45 % fat content.
It is packed in beech tubs of 5 kg weight ne
gasein of grain size 30, 60,/80 100° mesh.

Pedigree animals and game

The tender includes:
Pedigree milk cattle, hogs, sheep, pedigre
horses — sport, saddle, remounts, draft, slaugh
ter horses and horse meat.
Live game: hares, partridges, pheasants, boars
deer.
The tender also includes slaughter offal pro
ducts such as: livers, hearts, kidneys, brains
etc. and pharmaceutic and technical: glands
thyroid gland, horn meal, horn material.











Smoking

Preparation

The Institute of Meat Industry in Warszawa, a research establishment boasting of outstanding specialists in the field and the latest scientific equipment, renders assistance to all enterprises engaged in the production of meat and meat products. Owing to the activities of the Institute, meat and meat products exported by Poland represent the finest quality, being unequalled with regard to consistency and taste, and the best technologies are followed and strict hygiene requirements observed in their production.

Recently two research workers of the Institute, Dr Z. Miller and Dr Z. Kozłowski have elaborated a new preparation, now patented in many highly-developed countries, which makes it possible to obtain smoked meat products without the time-consuming traditional smoke-house treatment. The products obtained with the use of this preparation feature all properties of traditionally processed smoked meat products, hams and sausages, being the same in taste and flovour, while they seem to be even better preserved.

The smoking preparation captured the worldwide interest of all those involved in the industry. Late in 1969 the licence for the apparatus was sold to the Hercules Powder Company, U.K. The contract grants exclusive rights to the firm for the use of the invention in England and Ireland, but does not impose any restrictions on Poland's export of any products thus smoked to markets throughout the world. On the contrary, the British contractor entered into an obligation to supply us with all the information concerning the application of our preparation which is hoped to be achieved in other food-processing branches, such as fish, cheese, etc.

The above contract appears to be one of a great number of export transactions concluded lately by POLSERVICE Foreign Trade Enterprise dealing with the export and import of "know--how" and inventions.

The list of transactions in question comprises i.a. such items as a licence for TR-method of forging crankshafts purchased by the Federal Republic of Germany, Yugoslavia and Czechoslovakia; a method of sinking long wooden elements in mines sold to France and the U.K., a technology of ferromagnetic cores for radio and TV transformers licensed for the UK, a design of very low pressure vacuum meter, used i.a. for measuring pressure in space simulators which was bought by France, a licence for the OSO-type dehydration centrifugal sieve (U.S.A.), and other inventions.

POLSERVICE undertakes also planning and designing as well as consulting services.

Hundreds of our specialists have been employed in 30 countries, mostly in Africa and Asia. More than 50 Polish specialists lecture at a number of universities throughout the world, and far and wide spreads the fame of Polish physicians, architects and economists. Thanks to their high qualifications and efficiency our specialists enjoy a well-established reputation and esteem all over the world.

(M.es)

zations iin Poland — recommends frozen rabbit carcasses.

carcasses are from home-bred rabbits and are produced for export in modern
nts owned by SPOŁEM.
y are exported in two forms :
whole, packed in poly-bags,
portioned, placed on cardboard trays and wrapped tight in shrinkable foil.
ase send you inquiries to :
eign Trade Office "SPOŁEM", Warszawa, Grażyny 13, Poland.

C O MM E N D A T I O N

BBIT MEAT WAS HIGHLY VALUED ALREADY IN THE 11TH CENTURY.

bit breeding in Poland dates back to the 11 th century. It was initiated by monks.
he monasteries kept even large quantities of rabbits. But it was not until at the
of the 19th century that rabbit breeding became popular in the country and pro-
tion started on a wider scale.
was, no doubt, due to the high qualities of rabbit meat. Its nutritive value is
o means lower than that of pork, beef or veal.
meat is white and soft, and its taste resembles the taste of poultry. In our quar-
you will find a number of recipes how to best prepare rabbit meat.



Rabbi

Carcasse

from Dębica

Only several odd years ago, rabbi meat was not included in the assort ment of meat-food industry. Rab bits were bred only in certain re gions of the country by the poore farmers or their children. Rabbi meat was consumed only in the "breeder's" family, and the pelt was sold to a roving peddler. No greater importance was attached to the value of rabbit meat or to the trifling income gained from the sale of the pelt. The situation changed when specialist doctors began to exert their influence on the quality of the daily nutrition. Rabbit meat, which is in great demand and is highly appreciated in many countries, began to appear more and more frequently on many a family table.

Rabbit meat is ranked among the white meat, it has much protein, is rich in calories. The muscle tissue of a rabbit is streaked crosswise and the carcass is devoid of fatty tissue which is the reason that this meat does not give way to poultry meat. The meat is also devoid of connective tissue which makes it more savoury and dietetic. Children and persons with liver or stomach ailments and above all the obese can eat it.

ration of rabbit carcasses was egun in the Polish meat-food try on a large scale until in . The production was organi- nd is run by "Społem", coope- posts that are known in the l. They deal with the organiza- of purchase and transport.

of such is known throughout ountry and abroad — the But- and Cured Pork Butcher Pro- Department of Dębica, near zów, which for many years has specialized in the produc- of rabbit carcasses, and recen- s put into operation a modern on of Slaughtering Rabbits.

st, I must pass with the Chair- through the shower room after h I receive factory clothing and wear. All the workers entering production halls must go gh a similar operation. We he Pavilion, whose production er is condiderably greater than nt processing. It was built with ntention of steadily expanding reeding base. We learn that have been taken tending to nd the breeding base and to duce for breeding rabbit races in demand. At present relati- many rabbit carcasses are pro- d here, but these numbers do neet the needs of foreign con- ng parties. So, in order to ex- the raw material base, the erative distributes thousands ung heads of pure breed rab- such as White Danes, White and Viennese, New Zealand, Silver ch, Belgian Giants and white grey French rabbits. Many of e races are distributed from ial breeding garms. To encou- breeders, the Cooperative or- zed competitions and shows conducts a system of awarding ey prizes. Every breeder gets tional literature and gratuitous echnical aid. Specially trained uctors carry out day by day a k-up and give breeders in- tions on hygiene and manner eeding.

ditions for accepting live ani- are harsh.

Already at the purchase center — the first condition for accepting every rabbit is the possession of a proper medical certificate, required weight and cleanliness. The rabbits purchased at many centers are delivered by motor lorries to the Pavilion for Slaughtering in Dębica.

Here, observing the harshest requirements of hygiene and after passing through a period of quarantine, the process is begun of preparing that which is later consumed by gourmets — rabbit carcasses. I do not intend to describe the process.

I shall only say that this takes place in a very modern manner with the aid of electricaj devices and on conveyance belts. But that which most strikes one's eyes is he ideal cleanliness.

— Two veterinary doctors sit by the conveyance belts and examine the moving carcasses as regards their fitness for consumption. Each of the doctors begins with the insides of the thorax, examines the liver, heart, lungs, kidneys and the entire carcass. They examine the colour of the meat, the correctness of shape and even the characteristics of small. If the veterinarian finds any sort of defect, the carcass is removed from the belt.

— Then the carcasses undergo another thorough wash with warm running water under pressure and the belt conveyor conducts them to the corner of the slaughter hall where each head is automatically taken by another transporter and carried to the "Precooler".

There are hung next to each work stand automatic showers with warm running water so that hands can be washed after each function in the treatment cycle.

A special 140-meter transporter in the "precooler" moves the carcasses slowly so that they would lose their present temperature from about 18°C to about 0°C).

The belt conveyor moves the carcasses from the "precooler" to the next hall where the ultimate treatment is carried out before packing. Here, the classification is made into each basic weight, in conformity to the request of the contracting party.

These are as follows:

1) O — from 0.60 kg to 1 kg each carcass
2) A — from 1 kg to 1.30 kg each carcass
3) B – from 1.30 kg to 1.50 kg each carcass
4) C — from 1.50 kg to 2 kg each carcass
5) D — above 2 kg each carcass

After selection into individual basic weights, the carcasses undergo still one more examination which consists in a check-up as to whether any mechanical damage was made during treatment (a cut, etc.). Then the carcasses are put each separately into firm polyethylene bags, properly marked. The bag is sealed with a metal clip. The carcasses packed in this way are placed into cartons according to the fixad basic weights, with denotations of the number of heads and the total weight of the carton (15 and 20 kilograms).

The cartons are transported to the refrigerator, where they remain at a temperature of 0 to —20°C, from where they are carried by motor lorries to the cooling plants, where they await to be dispatched to Italy, Belgium, the German Federal Republic, France, Switzerland, the USA, England, Holland, Austria and Spain.

The Cooperative is planning to deliver already next year directly to the contracting party carcasses immediately after slaughter. The carcasses will be delivered by special motor refrigerating lorries, maintaining a temperature inside the refrigerator of about 0 degrees.

— The Works in Dębica has undertaken the production of deep-frozen rabbit carcasses which are available in parts, on trays holding 1 kg or 1,5 kg and wrapped in shrinkable film. Rabbit carcasses offered in this form will be a great help to housewives in the preparation of tasty meals.

Władysław Oryl



The suppliers of sweets which are exported by SPOŁEM are three factories of the SPOŁEM Union of Consumers' Co-operatives. They make sweets, chocolates and other confectionary products.

The SPOŁEM Export Department, which is the exporter of the products of the three said factories, also sells some quantities of sweets manufactured by confectionery factories of the Union of Work Co-operatives.

In our journalistic wanderings we stopped today at Włocławek. Only a few years ago this was a quiet, sympathetic, but little known, small town. Today Włocławek has attained international fame. This, formely monotonous, country town, just as the Płock petrochemistry or Puławy "nitrogens", Kędzierzyn or Tarnów, pulsates with the life of a vast investment which is known as the Nitrogen Works at Włocławek.

In this already today famous Włocławek there is also a sweet and chocolate factory which is owned by SPOŁEM. From the very moment of crossing the threshold of the factory's gate and of entering the factory courtyard, we are surrounded by modernness. The buildings of the factory halls are large and bright. The courtyard contains much up-to-date auxiliary equipment. The sweets and chocolate of today and "Kujawianka", its predecessor in Włocławek of more than 40 years ago, are linked only by a few experts in this branch, who in the new factory impart today their experience of many years standing and knowledge to confectioners or, more accurately speaking, to confectioneresses. For in the production halls we see only, or almost only, women. The managing director of the factory is also a woman — Mrs. Honorata Małecka. Therefore, none of the visitors of the production halls are surprised to the white of aprons and caps worn by the young factory girls. The entire set up resembles some kind of a refined laboratory. May we add — a sweet laboratory, in which the nostrils and palate are tickled by a pleasant smell. A journalist cannot resist the impression which the peace reigning here makes on a visitor — I should say the quietness of work. Even machines work here silently with an automatic rhythom. Thus production here is in almost ideal cleanness and sweet peace — right from the making of the filling to the automatically packed finished product.

We obtained more detailed information about the production programme from the deputy director for technical-production affairs — Mr. Jan Olewczyński, M.A. (Eng.). He started with an item holding an important position in the factory's export production. And so we come to candies. There are several kinds of them on the programme;

1. **hard unwrapped,** such as acid drops and anissed sweets

2. **hard wrapped,** including filled bonbons, dragee sweets, chocolate-coated bonbons, assorted fruit bonbons, etc.

3. **milk, milkless and fruit fondants.**

I would not dare to praise their high quality and pleasant flavour purely on the basis of my tasting.

May then figures and information obtained speak of their taste and flavour values.

About 15 per cent of the total production of candies is earmarked for export and the buyers of these sweets are consignees from the United States, Canada, Great Britain, Italy, Sweden, the Netherlands, France, the German Federal Republic and many other countries in Asia and Africa. Such a list of consignees is surely a good visiting card both of the exporter — SPOŁEM — and the maker.

This is also confirmed by the information that 26 per cent of the products has been awarded the first quality sign.

Since 1966 chocolate production has also been put here into operation. Chocolate production is carried out here by a quite modern method and is fully automated. Here it is worth making a small comparison. Poland has many world-known confectionery factories. But it is a noteworthy fact that of the three most up-to-date sweet-making sets operating in Poland, next to Goplana in Poznań and Wawel in Kraków, the factory at Włocławek has such a set.

After this small degression, let us return to the production assortment. Włocławek manufactures 12 chocolate assortments. Here are made hard, milk and bitter chocolate bars (may we add — they are very tasty and beautifully packed).

Next come filled chocolates. The fillings are based on natural pulps. The "Hawanki" and "Krystynki" chocolate cream bars are representatives of this group.

Then come milk-and-orange cream bars weighing 100 g and 50 g.

An important production are bars called "Niespodzianka" (Surprise). These are bars consisting of four dices each with a different flavour, namely: arrack, banana, pistachio and orange. There are also bars with a raspberry flavour with an addition of nut, raisins and other ingredients. Their high taste and nutritive qualities deserve note. Of the 13 assortments produced, nine have the first quality sign. However, according to our information, despite this fact, Włocławek, so far, exports chocolates only in very small quantities. That is so because of the big home demand and a comparatively short time since this export branch has been set up in this factory.

However, the production programme embraces also so-called fancy-shape assortments. These are chocolate boxes weighing 1,000 g, 500 g, 250 g and 100 g, also so-called chocolate-coated fancies, which are sweets with a rich content of filling — these are known as Włocławek Mixture. Also a fluffy cream fudge called "Ptasie Mleczko" (bird's milk), assorted chocolates and chocolate-coated jellies are renowned for their excellent tastiness. An especially important and attractive information for consignees abroad is that the factory often makes candies according to special wishes of the ordering party. For example, Director Olewczyński told us that Sweden, when putting in special orders, supplies dye-stuffs and extracts and sometimes even packings. "This — explained Director Olewczyński — does not mean that our dye-stuffs and extracts are inferior. Certainly not. It simply means — according to statements made by Swedish consignees— that these supplements suit best the taste habits of some of the consumers in that country. And we — in agreement with the principle "our client — our master" — willingly carry out such wishes."

But production requires high class specialists. So also Włocławek has an efficient staff of specialists. This confectionery factory employs a large staff of engineers, chemists, confectionery technicians, chemistry technicians and many other specialists. Briefly 990 young and well trained confectioneresses and confectioners of whom some are specialists with many years of practice, guarantee a high quality of the products, which we sweetly recommend.

(K.J.)

CHOCOLATE
CHOCOLATE
CHOCOLATE
CHOCOLATE
CHOCOLATE

Why does the word has the same meaning in almost all languages?

The word "chocolate" derives its origin from Mexican "szoko" — cocoa and "latl" — water.

Chocolate is made of cocoa beans, sugar and certain spices, such as cinnamon, vanilla, cloves, ginger and musk. Europe oves "szoko" beans to the Spanish who brought them here in the early 17th century.

ocessing industries, spirits and bre-
ing, confectionary and tobacco in-
ustries, offering also forest crops and
rest crop preserves.
nd thus the "Agros" export offer
overs:

– fruit preserves

ns, low-sugar-content jams, com-
otes, sweetend juices, condensed
ce, fruit drinks, tomato juices, nec-
rs, musts, fruit pulps, pasteurized
it, jellies and povidel.

pickled dill cucumbers, haricot beans, preserved green peas, asparagus, gherkins, baby beets in vinegar solution, mixed vegetables, vegetable juices, sorrel, spinach, tomato juice, preserved potatoes, meads and fruit wines, dried vegetables.

— vodkas and liqueurs

comprising about 30 kinds of excellent beverages in varied packaging (glass, crystal, earthen jars).

AGROS





commend, Vodka Wyborowa,
vka (Bison Brandy Vodka),
wka (Cherry Cordial), Starka
Straight Rye Whisky), Krakus
Żytnia (Fine Rye Vodka), So-
Jarzębiak (Sorb Vodka).

range of liqueurs we suggest
llowing; Krupnik (Old Honey
ır), Cassis, Advocat, Goldwas-
d others.

kinds of beer are well-worth
ttention; Żywiec Beer-Full,
attention; Żywiec Beer-Full,
Żywiec Porter, Okocim, Gdańsk,
cin, Wrocławskie, Tyskie and
.

onfectionary products

ons, confectionary pastry, cho-
sweets and Oriental sweets
nki" (sesame snaps) and "wie-
"; cream fudges, lollypops and

esh and deep-frozen forest
s

ilberries in bast backets, mush-
, mushrooms in brine, dried
ooms, marinated mushrooms,
ed mushrooms and aromatic
ooms, mushrooms meal and ex-
preserved forest fruit such as;
juices, musts, compotes, dried
fruit.

— deep-frozen fruit

strawberries, cherries, black and co-
lour currants.

— deep-frozen vegetables

Brussels sprouts, spinach, green peas, beans, cauliflowers, tomatoes, carrots, mixed vegetables, etc.

Owing to their fine quality and attac-
tive packing Polish products have many a time been awarded golden and silver medals, distinctions and diplo-
mas at various international exposi-
tions.

It is worthwhile to emphasize that no chemical preservation agents are used in the production of fruit and vege-
table preserves, and that only beet sugar is added to fruit preserves.

Please direct all inquiries to

AGROS
Foreign Trade Enterprise
Warszawa, Żurawia 32/34
Poland
Cable; Agros Wa
Telex: 814391 Agros Wa



AGROS

The export offer of „Agros" comprises among other articles several varieties of industrial tobacco, with „Virginia", „Kentucki", „Skroniowski" and „Havana" as leaders on the list.

Tobacco exported by „Agros" is remarkable for its thin leaves of insignificant venation, the cigarette tobacco being fluffy, elastic in strucćure and aromafull.

Polish-grown tobacco has a relatively low nicotine centent ranging from 0.6—1.1 per cent. It can be successfully used, and in a fairly large quantity, too foo, for Oriental tobacco blends.

Poland tobacco

Tobacco comes from South America. Tobacco seeds reached Europe probably in the 15th century, brought by members of the Columbus expedition.

Tobacco was already known in Poland at the end of the 16th century, it was cultivated at that time, however, as a decorative plant at the royal court and in botanical gardens. Nonetheless, a tax was already laid on tobacco in Poland in the 18th century.

Poland occupies one of the leading places in the world in the consumption of tobacco. Converted to 1 inhabitant in relation to the period between wars, the consumption of tobacco grew in Poland from 0.672 kg to 2.1 kg per one inhabitant per annum.

Poland has also become one of the exporters of tobacco in Europe.

How did it happen that Polan became an important exporter tobacco after World War II? W turn to Mr. Jan Piekarz, M. Sc. deput manager of production at the Board the Tobacco Industry in Warsaw, wit this question.

— Yes, we take 4th place in Europ as to export and 5th as to the surfac area under the tobacco crop. This wa decided by a number of factors. Th **favourable soil and climatic con ditions,** which we encounter in Polan for the production of tobacco are amon the most important ones. They enabl to produce tobacco, **having, thin lit tle-nervated leaves,** which give a a result thin, elastic, rich, and at th same time fluffy cut material for ciga rettes. A cigarette made from such fluff cuts is "compact" and at the same time light, being frequently lighter than one made from thicker leaves. This even slight difference in weight plays a con siderable role in the production of ci garettes and frequently prompts ciga rette producers to carry out their pur chases of the raw material in Poland. Moreover, thin leaves constitute an ex cellent material for the covering of ci gars.

Another, important advantage of Polish tobacco is that, as compared with fo reign tobaccos, it contains small quan tities of nicotine (Polish tobacco con tains from 0.6—1.1% whereas that cultivated in America — Virginia, has on average 2.4% nicotine). Hence, in the light of scientific research, cigarettes and other products from Polish tobacco is less harmful to the health of smokers.

The **third** advantage is that Polish to baccos can be added in large quantities to "oriental" tobacco mixes and do not

Simply Tobacco

their taste or aroma, and the
f the ready product is considerably

Manager says that he considers
r conditions for promoting the
sion of the tobacco base to be
llows:

ving own experimental centers,
vn seed industry,
vn evaluating stations and what is
important
gionalization of tobacco.

**Vhat kinds of tobacco are cul-
ed in Poland?**

nciple, three kinds.
ght cigarette tobacco (Virginia)
ark tobacco for the production of
ttes and cigars, mainly the varie-
) Skrońowski, 2) Puławski, 3)
cky
gar tobacco — Havana type, giv-
arge leaves with very delicate
ture.

**t form has the export of to-
o products assumed and along
lines?**

lmost exclusively export only to-
and in principle only to the
ries of West Europe. We export
ttes only in exceptional cases and
n very small quantities.

obacco is used for the production
arettes in Austria, France, Benelux
ries, Egypt and the German Federal
blic. Moreover, we export dark
co to Sweden, Switzerland, Hol-
and France among others for the
famous cigarette "Gaulois".

**does the future of this export
?**

udging from the intensive expan-
to date — prognoses are rather
rable. We have the largest and
up-to-date plantations in Europe.
quality and yield of the raw material
ves with each year and the base
s bigger.
e factors cause a steadily growing
nd, which we shall endeavour to
so far as possible to the satisfac-
f our customers.

Interview by F.K.

ROLIMPEX

Foreign Trade Enterprise
For 20 years now engaged in export-import activities.

"ROLIMPEX" export offer includes:

Sugar
Sugar beet molasses
Dried sugar beet
Pellet beet pulp
Dried chicory roots
Rye and rye germs
Oats
Buckwheat husk
Brewery barley
Malt
Hops
Rape
Rape oil
Rape cake
Potato flour
Modified starches
Dextrine
Potato crisps
Fodder potato pulp
Sugar and fodder beet seeds
Grass and fodder plant seeds
Vegetable and flower seeds
Fodder seeds
Decorative shrubs and trees
Medicinal herbs and spices
Salt

Foreign Trade Enterprise ROLIMPEX is a significant importer of: Grain, Rice, Fats, Oilseeds, Oilcakes, Fodder plant seeds, Vegetable and flower seeds, Medicinal herbs.
ROLIMPEX enjoys a well-deserved reputation of a most reliable trade partner — a guarantee of successful business.
All inquiries are invited by:

ROLIMPEX — Foreign Trade Enterprise — Export — Import
Warszawa, Al. Jerozolimskie 44, Poland

Phone: 26-20-11, 26-22-21, 26-74-41

Cable: ROLIMPEX — Warszawa

Telex: 814-341 Rolx-Pl.

nown and much appreciated by a great mber of consumers all over the world, luding the discriminating European rkets.

e yearly increase in catches obtained state and cooperative fishing enter-ses, as well as by individual fishermen, pplemented with supplies of fresh-wa-fish from rivers and lakes, is of consi-rable importance for fish-preserves fac-ies, situated in sea fishing ports: Gdy-, Gdańsk, Łeba, Ustka, Szczecin, Świ-ujście, and in the regions of expanding sh-water fish production, i.e., abound-with lakes or ponds (Giżycko, Choj-e, Kraków).

An Emblem of Three Sprats



enterprise: Fish Works in Gdynia, State Enterpris Above, the emblem of the Works — three vertical placed colourful fishes. We are entering the facto grounds through a door adjoining the gateway.

Mr. Tadeusz Zieliński, M.Sc., the Economic Directo informs us by way of an introduction that the Gdyn Fish Works is the leading producer of fish preserves Poland. Its annual output exceeds 5,000 tons of variou kinds of fish preserves and over 30 per cent of the tot yield is earmarked for export. The factory specializes i the processing of sea fish, mostly sprat, herring an mackerel, with the following articles as major items o the production list: Baltic sprats in oil, bristling in o sprats in aromatized oil "Imperial", herring in oil, mac kerel in tomatoes and oil with an addition of garlic, a well as "Hors d'Oeuvre" type of fish preserves (sprat with fruit and vegetables), and "Antipasto".

Specialization, says Director Zieliński, creates far mor favourable conditions for a fuller utilization of productio potentialities and, accordingly, for obtaining bette economic results. This proves true not only in the cas of the Fish Works in Gdynia, and indeed applies to th whole fishing industry. Hence a tenedency for particula factories to take up specialization in the processing o certain kinds of raw material and issuing the respectiv assortment of fish preserves.

In reply to our request, Director Zieliński characterize sprat — the fish on which the Works has based its pro duction.



Sprat (Latin — "Spratus") is a pelagic, herring-type fish. It resembles herring in colour and shape, but it has a sharper abdomen egde. Relying on plankton as food, sprat is a shoal fish species which migrates for feeding and reproduction purposes. Its few subspecies are found in the European seas, from Tronso and the Gulf of Bothnia in the north, to the Mediterranean in the south. Sprat, a valuable raw material for fish preserves, is consumed smoked or preserved in olive (the so-called Norwegian sardines) and in oil. Spratus Balticus, the species found in the Baltic Sea, holds the third place after cod and herring as regards the volume of catches.

of the engineers is showing us round the factory
consists of a number of pavilions (production
tments) located at some distance from one another
the area of the Gdynia port. We are impressed by
eanliness which can be observed everywhere, by
ining whiteness of the tiled walls of production
where women workers (women are a prevailing
ty of the factory staff) operate silent-running
nes; a high degree of mechanization has substan-
eliminated human labour and therefore the factory
not have to employ many people.
connection it is worthwhile to mention that both
Gdynia Fish Works and in many other enterprises
branch, numerous important investment projects
ar-reaching organizational and technological im-



nents have been implemented over the past years.
cial emphasis has been laid on the problems of
nization of production, modernization of machi-
nd equipment, as well as popularization of the la-
oduction technologies.
nost-up-to-date equipment installed (including
nnels for continuous mechanical steaming of fish,
al mills for sauce-and pate-making, mechanical
sorters and automatic equipment for threading
on smoking wires) has made it possible to set up
ized production lines which are remarkable for
utput, while cutting down the share of manual
and offering good work safety and hygiene con-
.
have a closer look at the machine which is just
g sprats on smoking wires; there will be no exag-
n to call it a "thinking machine". From a high-
ng metal funnel full of sprats, fish slide down a little
utter towards a contitnually vibrating semicircular
el. As a result of vibrations, dead sprats seem to
back to life" and, as if they were really alive, they
headlong to the outlet which directs them to the
lt does not matter in the least in what way a fish
own on the vibrating semicircle, whether it is head
which comes first. As if by magic, the fish goes in
posite direction, skilfully evading the others which
unning up therefrom, and finally on the other side
vibrating arch it finds its way head first — just vs
her fish — into the setter. Then in even narrow
prats move slowly down to be at last threaded
ires by the "thinking machine".



listening to our guide's comment on the advantages following the modernization of the production process; conditions for obtaining uniform-quality final products, fully turning out a vast assortment of fish preserves adopted for storing in various climatic environments, including the tropical zone.

It will be therefore right to conclude that at present Polish fish factories have at their disposal equipment which is no way inferior to that used in similar enterprises abroad, even in the countries boasting of long traditions in the sphere of fishing industry. Consistently, they are in a position to include in their export offer practically all kinds of the best known fish preserves. Let us give the floor again to our guide who says that the fish processing industry in Poland represents an outstanding level also with regard to the sanitary conditions in the production rooms and of the production process itself alike. The latter is ensured i.a. by the constant supervision by veterinary medical staff who are employed in all factories specializing in the export production and whose task is to check first the quality of raw fish and other materials used in the production of fish preserves, and subsequently to undertake the inspection as well as organoleptic and bacteriological testing of all finished products. Medical certificates issued by veterinary inspectors guarantee the superb quality and wholesomeness of exports.

"Where do you export your products?" this is our next question addressed to Director Zieliński who has invited us to this office.

Our preserves find buyers in North America, United Kingdom, Federal Republic of Germany, Belgium, France, Canada, Hungary, Czechoslovakia and Rumania, as well as in Scandinavian and African countries.

Yet, declares Director Zieliński in conclusion, the production range of the Fish Works in Gdynia is not confined solely to fish preserves. And thus the factory supplies a rich choice of smoked fish, refined fish oils for technical and medical purposes, as well as edible oils. And last but not least — medicinal fish oils enriched with "A" and "D" vitamin concentrates which are invaluable in pediatrics.

The Fish Works in Gdynia has a fine tradition of many-years standing in the sphere of fish dishes making, according to the best recipes of the Polish cuisine. These are the time-tested recipes combined with the latest achievements in the fish preserves production that account for the high reputation of products bearing the emblem of the Works — three sprats — on numerous foreign markets.

E. Kotowicz

RYBEX Foreign Trade Office

The list offered by "Rybex" contains the export of the following items: Round sea fish, frozen in blocks, without heads or entrails, cod and redfish fillets. These products are prepared according to American and Polish standards.

Besides the export of an entire gamut of assortments of seafish, the production base is becoming larger and in this connection export is expanding of freshwater fish of which the carp is most in demand. Besides this, the list of fish offered by "Rybex" includes such fish as eel, tench, salmon, bream, perch pike and roach. Freshwater fish are delivered to customers alive, fresh on ice or frozen. They are delivered by appropriate modern transportation means, guaranteeing proper protection for the quality of the commodity and prompt delivery. "Rybex" also exports crayfish.

The crayfish are known for their exceptionally delicate and tasteful meat. They are found in three varieties here:
refined, mud and striped crayfish.

Fish preserves are another export item greatly in demand by the foreign client. The deliveries of sea and freshwater fish increasing with each

to offer the following new products:
— fish sausages
— dumplings with fishmeat stuffing
— fish balls
— fish-stuffed cabbage
— collared herring
— seasoned herring

The expansion of the Polish fleet, known throughout the world, and its high industrialization enable[d] introduce what is called "sale from the s[hip] board", Commercial circles of countries with a h[igh] living standard and aspecially of high requirem[ents] became interested in this form of export.

For, the commodity gets to the consumer in [an] exceptionally fresh state. This form of export [is] highly appreciated by the wide circles of c[on]tracting parties.

We request all interested parties to direct inqui[ries] to

Foreign Trade Office

"Rybex"

Szczecin — Poland
Odrowąża 1





The unique value of Polish food lies in the fact that it is fully natural and unadulterated by excessive and harmful chemical processing — now a common practice in many highly-developed countries. Health standards binding in the Polish food industry are exceptionally high and rigorously observed, which offers the best guarantee that the consumers of our foodstuffs will find them both wholesome and tasty.

This time, as usual, we recommend to your attention some traditional dishes of the Polish cuisine. Their tastefulness and dietetic value seem to render them well-worth trying. Some elements of the culinary tradition have been preserved in the contemporary Polish cuisine with the exception of those which are not compatible with the principles of rational nutrition. All that was unwholesome in the old Polish cookery has been rejected. Thus, for instance, nowadays we tend to reduce the amount of fat used in cooking.

Fat meat and fish varieties are therefore substituted by those of the lowest fat content, such as deep-frozen poultry and beef. Fresh and preserved vegetables have now a considerable share in our menu and we have shown a great liking for deep-frozen vegetables and fruit, a priceless source of vitamins in winter and early spring. The advanced refrigeration techniques that we rely upon ensure the superb quality of Polish deep-frozen fruit and vegetables whose appearance, taste and aroma account for their success with consumers. Basing on the old recipes which have come down to us and owing to the up-to-date production technology as well as quality and hygiene inspection, we now are able to "modernize" our cookery by replacing easily perishable products with deep-frozen ones.

We invite you to try some of the below-give recipes of the traditional Polish cuisine — in their modernized version



ROASTED BEEF WITH MATOES

kg (1 lb 1 3/4 oz) of frozen f, 2 tablespoons of olive, 1/2 lespoon of butter, 15 dkg (5 1/4) of tomatoes, 1/4 glass of deira wine, 1/2 a glass of dry ite wine, juice from 1/2 a le- n, 2 onions, 1 carrot, a pinch asil, 1 laurel leaf, 3—4 grains allspice, salt and pepper to e. Wash and dry the frozen at and put on preheated olive a frying pan. Brown, sprinkle h lemon juice, add finely chop- onions and carrot as well as ed tomatoes (prior to slicing natoes pour over them some ling water and then peel them). butter and seasonings, sprin- with salt and stew under er, sprinkling the meat once in while with wine mixed with deira wine. When meat be- nes tender, take it out of the ng pan and out into oblique tions. Sieve the sance, season h salt and pepper to aste warm up. Place the carved at on a serving dish, baste h sauce, arrange cooked or ed potatoes or rice around it. corate the serving dish with en parsley sprigs and fancy ces of red paprika. Fresh lettuce es will make a suitable addi- to the dish.

EN WITH CHAMPI- ONS

broiler hen of about 1 kg bs 3 1/2 ozs), 30 dkg (10 1/2) champignons, 2 carrots, 1 sley, 1 onion, juice from 1/2 emon, 1/3 glass of olive, blespoon of butter, 1 tables- n of flour, 1/2 a glass of sour am, salt to taste.

ss and wash the bird. Wash, and rinse vegetables, cut n and cover with boiling salted er. Cook for about 5 minutes. the hen (which should not be ozen) into the vegetable stock. k until tender for about 30 utes in an ordinary stewpan. king takes only 10 minutes ve use a high-pressure pot. le cooking the hen, get mpignons ready. Wash the hrooms thoroughly, dry and ly slice, sprinkling with lemon e. Brown the champignons ntly by putting them into a g pan with hot olive. Take to stir the mushrooms while brown, so that they do not burnt. When the champignons already lightly golden in co- , sprinkle them with the hen h, add butter and stew under er for about 20 minutes. nkle with sieved flour and add cream. Bring to the boil and off the fire. Season with salt aste. Remove skin from hen, en bones nad carve the bird portions. Place portions on rving dish snd arrange cham- ons and rice or white bread ted in butter around. Serve lettuce or with celery salad



3. PARTRIDGES IN SOUR CREAM

2 partridges, 5 dkg (1 3/4 ozs) of lard, 1 tablespoon of flour, juice from 1/2 a lemon, salt, 1 glass of sour cream.

Clean the birds without unfreezing them.

Place in a skillet, sprinkle with salt, wrap with slices of lard, put into a preheated oven or electric baking pot. Pour some water underneath when lard begins to brown. Roast until tender. Then take the partridges out of the oven and halve each of them. Thicken the sauce thus obtained with flour mixed with sour cream, boil it and put the carved partridges into the sauce, stew under cover for a while. Season the sauce with salt and lemon juice. Arrange the halves of partidges along the centre of the serving dish. Arrange baked potatoes or fried rice around the patridges. Pour sauce over the patridges. Decorate the dish with lettuce. Serve with raw red cabbage salad.

4. WILD DUCKS

2 wild ducks, 1 glass of wine vinegar, 1 laurel leaf, a couple of cloves, 1/4 teaspoon of tarragon, a few grains of allspice and pepper, 1 tablespoon of butter, 5 dkg of fat and salt. Wash wild ducks until frozen. Boil vinegar with spices, and then cool it. Pour cold vinegar over the ducks and leave under cover for a few hours in room temperature. Cut the lard into narrow strips and lard the ducks' breasts with them. Sprinkle the birds with salt, butter, them and lay on a frying pan. Put into a preheated oven, roast pouring water underneath while roasting. Just before roasting is over, ducks may be sprinkled generously with dry wine. Cut the ducks into portions, arrange on a serving dish, decorate with kale leaves. Serve with sieved baked apples.



5. ROE-DEER FILLETS ("ZRAZY")

1/2—3/4 kg of roe deer ham (1 lb 1 3/4 oz — 1 lb 10 ozs), 5—10 dkg (1 3/4 oz — 3 1/2 ozs) of smoked lard, 1 tablespoon of butter, 1 tablespoon of flour, one white bread toast per each fillet, 1 wine glass of Madeira, 1 teaspoon of the Worcester sauce, a few tablespoons of broth or vegetable stock, salt and pepper to taste.

Wash the roe deer meat and place on the lowest shelf of the refrigerator to unfreeze. When unfrozen, lard it with strips of lard and cut into even slice-shaped portions. Pound each portion with meat hammer, sprinkle with flour and brown on both sides in hot butter. Instead of butter, you may use olive. When already browned, the fillets shoud be sprinkled with vegetable stock or meat broth, covered and stewed for a short time over a low fire. After about a quarter of an hour, add Worcester and Madeira, seasoning the sauce to taste with salt and pepper. Place fillets thus prepared on hot white bread toasts, cover with red cabbage stewed in wine and with green haricot beans. Cut pods of red paprika will make a nice decorative element.

6. WILD BOAR SIRLOIN

1 kg (2 lbs 3 ozs) of wild boar sirloin, 1 glass of dry red wine, lemon juice, 1 litre of water, 2 onions, 10 dried plums, a laurel leaf, 10—15 corns of pepper, 10 berries of juniper, 3—4 cloves a pinch of ginger, 5 dkg of fat, 1 tablespoon of plum povidel, 1 tablespoon of flour, salt and sugar to taste.

Wash frozen meat, put into a bowl and cover with hot marinade prepared according to the following recipe. Mix water with wine, add finely chopped onions, cleaned dried plums, a laurel leaf, pepper, juniper, cloves and ginger. Boil it and pour over the meat. When the marinade is cool, cover the bowl with meat and put it into a refrigeratorx for 12—24 hours When ready, take the sirloin out from the marinade, dry and brown in a stewpan with preheated fat. Stew the meat basting from time to time with the marinade. Add plums and onions from the marinade to the meat. When the sirloin is sufficiently tender, sprinkle it with flour, stir the sauce, boil and add povidel, Season with salt and sugar to taste. The sauce should be pungent. Before serving cut the sirloin into portions, arrange on a serving dish, pour over with sauce. Serve with red beet salad and mashed potatoes.



7. TENCH RAGOÛT

1—1 1/2 tench, 1/2 kg of mixed vegetables (1 carrot, paraley, celery, leek, 2 onions, 3 tablespoons of chopped green dill, 1 glass of sour cream, 1 1/2 tablespoon of flour, salt.

Wash, pare and rinse vegetables. Cover with boiling salted water to make vegetable stock. Wash the frozen tench, cut fillets into portions (without unfreezing). Use the sawing knife for cutting, if possible. Put the portions into the boiling vegetable stock. Cook under cover over a low fire for about half an hour. Take the portions of fish out from the vegetable stock and drain. Mix sour cream with flour, stir thoroughly, add about 3/4 glass of hot fish stock, and bring to the boil, stirring with a whisk all the time. Season the sauce with salt to taste and mix with dill. Arrange the fish in a salad bowl and cover with sauce Garnish with cut tomatoes and pieces of lemon. Serve with young potatoes and green lettuce or raw cucumber salad.

8. CARP IN THE ALMOND SAUCE

1 carp (about 1 kg) (2 lbs 3 ozs), 3 large onions, a dozen corns of pepper and allspice, 10 dkg (3 1/2 ozs) of almonds, 2 egg yolks, salt, lemon juice. Wash and cleanse the frozen carp. Peel and cut the onions, put them boiling salted water, add pepper and allspice. You may add a pinch of tarragon if it suits your taste. After the stock has boiled for a few minutes, put into it the whole fish or portions. Simmer under cover for about 40 minutes. Sieve 1 glass of the stock, thicken with egg yolks, season to taste with salt and lemon juice. Put almonds in to boiling water, peel them and finely slice or chop, then add to the sauce. Put the cooked fish on a serving dish, pour over it the sauce, cover with fried rice, decorate with fancy pieces of leek and tomatoes. Serve with raw tomato salad.



9. EEL "AU GRATIN"

1 kg (2 lbs 3 ozs) of ell, 1/2 kg) (1 lb 3/4 oz) of mixed vegetables carrot, parsley, celery, leek, onion), 1 teaspoon of mixed seasonings, 1 glass of dry white wine, 1 tablespoon of butter, 1 tablespoon fo flour, 3 egg yolks, 3 dkg (1 oz) of grated Parmesan, salt

Wash the ell and cut it into oblique portions. Pare and wash vegetables, put them into boiling salted water, add spices and boil under cover for about 5 minutes. Place the fish into the boiling stock and cook for bout half an hour. Mix butter with flour, dilute with 1 1/2—2 glasses of the eel and vegetable stock, thicken with egg yolks, mix with half of the amount of Parmesan, season with salt to taste.

Place the eel on a heat-resisting dish, arrange macaroni around, pour over it the sauce and spirnkle the remaining Parmesan. The dish is to be baked in a hot oven. Before sreving, decorate the dish with lemon sliced into semicrcles, kale, tomatoes or black olives. Serve with red cabbage or lettuce.

10. RABBIT RAGOÛT WITH PAPRIKA

1 kg of rabbit, 2—3 onions, 5 dkg of lard, 3—4 tomatoes, 1 carrot, 1 celery, 1 parsley, 1/2 a glass of sour cream, salt, powdered red paprika. Wash and drain the rabbit. Clean the lard, cut into small cubes, put into a stewpan, cook over a low fire. Pare and wash the onions and cut them into cubes. When the lard begins to melt, add the onion, stew nder cover for a couple of minutes. Put the rabbit into the stewpan, adding 1—1 1/2 tablespoon of powdered paprika, sliced vegetables, and sprinkle with salt. Stew under cover over a low flame. When the rabbit becomes tender, pour boiling water over tomatoes, peel them, cut and add to the meat. Stew for a while. Tomatoes having been cooked, put the meat on a board and sieve the sauce which should be thick. Cut the rabbt into large cubes and put them into the sauce. Add salt and, if w shed, some powdered paprika to the sauce. Heat the dish and take it off the fire. You may add 1—2 finely chopped cloves of garlic, if you like, to the ragoût, which is then placed on a serving dish with mashed potatoes, and generously sprinkled with finely cut green parsley. Decorate with cress leeves. Serve with raw salads.



STRAWBERRY CREAM

g (14 ozs) of strawberries, s, 1/2 a glass of cream, 3—4 oons of powdered gelatin, (2 3/4 ozs) of sugar, 1 li glass of rum or arrack. Wash strawberries and drain well. eggs and separate egg Add a few tablespoons of water to gelatin and put it to cool.
egg whites. Add a tables- of sugar every few minutes they stiffen and continue to Mix strawberries, egg yolks ream in a mixer until they ne frothy. Combine whipped whites and gelatin with rum. the cream in compote bewls a salad bowl and put into a erator. Serve for dessert.

BILBERRY SOUP FROM ZEN BILBERRIES

-3/4 kg (1 lb 1 3/4 oz — 1 lb /2 ozs) of deep-frozen bil- s, 1 glass, of cream, 4—6 spoons of sugar, 2 glasses of urt.
and drain bilberries. Place urt and cream into a refrige- for cooling. When all the in- ents are in a mixer, switch it Mix until a uniform liquid is ned and pour the soup into . Serve in cups directly after ng with the addition of puff or finger biscuits.



13. JELLY FROM FROZEN RASPBERRIES

2 glasses of deep-frozen raspberries, 1/2 a glass fo sugar, the juice of one lemon, 1/2 a glass of red wine, 3 tespoons of powdered gelatin, 1 glass of water.
Mix gelatin with a few tablespoons of cold water, heating while you mix, until gelatin is dissolved, and then allow it to cool. Wash the raspberries. Boil water with sugar, put raspberries into the boiling water, and sieve them after they have boiled. Mix the obtained liquid with wine and dissolved gelatin.
Moisten a mould with water and strew with powdered sugar. Pour cool jelly into the mould and put into the refrigerator. When the jelly has already set, separate it on sides from the mould with a knife and keep the botton of the mould in bot water for a moment. Place jelly on a serving dish and decorate with well-whipped cream.

14. SALAD FROM FROZEN GREEN PEAS

2 glasses of deep-frozen green peas, 2 cloves of garlic, 6 plums pickled in vinegar, 10 dried plums, 10 black olives, 1 apple, a piece of celery, 3 hardboiled eggs, 1 glass of mayonnaise, 1 teaspoon of mustard, the juice of one lemon, salt and sugar to taste, 2 tablespoons of chopped green parsley.
Wash green peas. Boil water with a tablespoon of sugar and salt. Put frozen peas into the boiling water. Cook until they become soft, i.e. for about 10 minutes. Drain and cool. The pea stock may be used for making a soup. Soak dried plums in water for several hours, then stone them and cut into stripes, doing the same with pickled plums and olives. Wash and grate apples, sprinkle them with lemon juice. Grate celery and hardboiled eggs. Mix mayonnaise with mustard and finely chopped garlic. Combine and mix all ingredients with the sauce, season with salt and sugar to taste. Place the salad on a serving dish, sprinkle with chopped green parsley. Garnish with red paprika and hard-boiled eggs, pieces of lemon and olives. Eggs may be cut into decorative pieces. Serve as hors d'oeuvre with bread.



15. SPINACH "AU GRATIN"

1 kg (2 lbs 3 1/2 ozs) of frozen spinach, 2 tablespoons of flour, 2 tablespoons of butter, 2 glasses of milk, 2 egg yolks, 1 glass of grated Parmesan, salt and pepper to taste.
Boil 1/2 a glass of milk and put into it deep-frozen spinach. While heating, take care to keep the fire low. Mix the spinach mash with a tablespoon of flour, bring to the boil and cook uncovered for a few minutes. Season with salt to taste, mix with 1 tablespoon of butter. Place on a heat-reasisting dish. Mix the remaining flour with several tablespoons of milk. Boil the rest of the milk, pour the diluted flour into it, stirring all the time. Take off the fire, add half of the amount of Parmesan and thicken with egg yolks. Season the sauce with salt and pepper to suit your taste. Pour the sauce over the spinach, sprinkle generously with Parmesan and put into a preheated oven to bake. Serve as hors d'oeuvre or as a supper dish with toasts or with poached eggs.



RECIPES FOR DISHES OF FROGS, SNAILS AND CRAYFISH

1. FROG LEGS WITH CHAMPIGNONS

25 dkg (8 3/4 ozs) of frog legs, tablespoons of olive, 1/2 a tablespoon of butter, 1 1/2 a tablespoon of flour, 2 tablespoons of chopped green parsley, 1/2 a glass of wine vinegar, salt and pepper, 30—40 dkg (10 1/2 ozs — 14 ozs) of champignons, 1/3 glass of olive, 1 tablespoon of butter.
Wash frog legs, cut off fingers with scissors. Put legs into a bowl, sprinkle profusely with vinegar, and with salt, pepper and green parsley. Keep under cover in a refrigerator for a few hours. Select small champ gnons, wash them carefully, dry and fry in hot olive. Before frying every mushroom may be cut into halves. Fry until champ gnons are golden brownish in colour, and stew for a while under cover. When champignons are almost ready, add butter and season to taste with salt.
Dry macerated frog legs by putting them on a tissue napkin, roll them in flour and fry in hot olive for about 5 minutes. Towards the end of frying, add butter and mix frog legs with fried champignons When ready, place them on a preheated serving dish rubbed with garlic. Sprinkle generaously with finely chopped green parsley. Garnish with leaves of lettuce and with pieces of lemon. Serve with white bread.



2. EDIBLE SNAILS STEWED WITH SHALLOTS

50—60 snails, 30 dkg (10 1/2 ozs) of shallots, 2 cloves of garlic, 1 tablespoon of butter, salt and pepper to taste.
For cooking snails prepare the following; 2 carrots, 2 onions, 1/2 a tablespoon of thyme, a pinch of nutmeg apple, a few corns of pepper, 2 cloves of garlic, a few springs of green parsley, salt, vinegar, 2 tablespoons of flour.
Wash snails thoroughly. Change water several times, since shells happen to be very dirty. Use a small knife to remove shell valves.
Place snails prepared in this way into a bowl, asprinkle with vinegar, salt and flour. Keep under refrigeration for 2—3 hours and then wash.
The latter is required in order to remove the slime which has been excreted. Put into a pan, cover with cold water, bring to the boil and keep boiling for about 10 minutes, drain away. Then cook for about 2 hours in vegetable stock with seasonings. When cooked, strain and remove shells. Peel shallots, wash and chop finely, stew with butter. Add snails to shallots, stew together, stirring from time to time. Set aside, mix with chopped garlic. Season with salt and pepper to taste. Place in a preheated salas bowl. Garnish with green parsley leaves. Serve as hors d oeuvre with the addition of white bread or French pastry noodles.

3. CRAYFISH POLISH STYLE

Crayfish, 30—40 pieces, a large bunch of green dill, salt, 1 1/2 a glass of sour cream, 3 egg yolks, 3 tablespoons of chopped dill, 1 tablespoon of butter, 1/2 a glass of broth or vegetable stock, salt, 1/2 a tablespoon of flour. Thoboiling salted water and flavour roüghly was live cryfish, püt into with a large amount of dill springs. Cook for 15—20 minutes and cool. When cold, take the crayfish out of the stock. Remove shells from necks and claws. Dry shells (in a preheated oven, if possible) and bray or mince them. Put the prepared shells into a pan, add butter and stew under cover for about half an hour. Before stewing is over, sprinkle with flour, add broth or vegetable stock, mix, boil and strain through a fine sieve. Mix the obtained thick liquid with sour cream, season to taste with salt, thicken with egg yolks. Put necks and claws into the sauce and heat while stirring. Do not allow the sauce to get boiled. Mix with chopped dill before serving. On a serving dish form a turban of fried pearl barley or rice and place the ragoét in the centre of the dish. Serve as hot hors d'oeuvre.



stion

Chairman, please tell our Readers what aims was the Touring Co-erative GROMADA set up?

swer

OMADA organizes touring and holidays for farm workers asso-ed in individual co-operative or-izations. Touring-recreational ac-ies are organized both in the ntry and abroad. Moreover, we organize vacations and touring s for foreign visitors. We are pri-ily concerned with tourists, mem-s of co-operatives. Success is en-ed by our adequately developed es. We have our own holiday ters. camping sites. mountain hos- and hotels. One of the modern erprises of this kind is the hotel m Chłopa" (Peasant's House) in rszawa. Although we are a relati-y young tourist organization, we can boast of considerable achievements in our work. We have an efficient personnel and touring adepts who quarantee for our clients a useful and pleasant vacation in Poland. This is confirmed by the many letters our co-operative receives from tourists who had taken advantage of our services.

I will give as an example an excerpt from a letter received from Prof. T. Petersen Dolum, who, through the mediation of GROMADA visited Poland with a group of agricultural college students:

..... "First, I should like to emphasize that the services of GROMADA were of the highest standard. The program for our stay was carried out without any hitches, neither did we have any problems with hotels, meals, etc"

This letter is one of many which confirm that our touring co-operative does its utmost to ensure that visitors from abroad leave Poland with pleasant memories.

Question

What touring attractions can GROMADA suggest to foreign visitors?

Answer

Historical monuments or charming spots and sights are not lacking in our country. Also recently have been built many civil engineering structures such as dams, artificial lakes and excellent beaches. There are many museums, theaters and other cultural places to be visited. I could suggest several excursion routes such as Warszawa-Kraków-Zakopane. The Polish capital — Warszawa — completely rebuilt after the ravages of war, Kraków — a beautiful historical medieval city with Wawel Castle — th

ıring, Rest, Vacation—through the Mediation of

romada

Our editing office — in conformity with the range of our interests — publishes articles dealing with the export of food articles, their production and raw materials. This time we wish to present, very briefly, the activities of the Touring Co-operative GROMADA. With this purpose in view, we have requested Dr. Józef Kijowski, the Chairman of the Co-operative, for a short statement for the benefit of Readers of Food from Poland.



t residence of Polish Kings. ane and the beautiful unique of the Tatras, where one can an excellent rest during the er and winter season. Canoe are organized in this region and rallies on original highlanders' on the Dunajec River. Rafing on highlanders' boats are con- d to be a touring attraction on ld scale. Our guests say that in sleighs drawn by beautifully ssed horses and skiing are also g attractions.

s of angling and aquatic sports ppiest in the Mazury where the ful lakes, with a galere of var- fish with their wooded banks beaches overgrown with lush intice all comers.

so have health resorts. Many of have won world fame owing ributes of a microclimate or mineral waters. The best known are Rabka, Iwonicz, Krynica, Ciechocinek, Kołobrzeg, Szczawnica, Busko Zdrój and many others. There are also many recreational places where one can enjoy a bath, rest or play as needed. These include Sopot, Łeba, Kołobrzeg, Świnoujście, Międzyzdroje, Giżycko, Mikołajki, Jastrzębia Góra and many others.

The old traditional folklore has been preserved in many regions of our country. Folklore has been preserved in the costumes, regional architecture, in products, embroidery, cut-out dolies, dance and folk songs. Through the mediation of GROMADA a survey can be made of Polish folklore of the entire country during the Harvest Feast, which takes place every year on the first Sunday of September in Warszawa. Many artistic groups from all the folklore regions of Poland appear during the Harvest Feast.

While in Poland, it is worthwhile visiting the birthplace of Frederic Chopin — Żelazowa Wola and many old Polish towns such as Paczków, Ojców, Gdańsk, Kazimierz, Zamość, Gniezno, Malbork, Łagów, etc.

Besides visiting historical places and the planned rest, I should like to suggest to those interested to visit model farms, breeding farms, social institutions, various types of schools, modern factories and mines. The International Poznań Fair, organized every year — is an attraction for tourists from all countries.

The beauty of the landscape, historical monuments and modern structures in themselves is not enough. We therefore offer to tourists comfortable hotels, excellent specalities of the Polish cuisine, prepared by famous chefs and the services of multilingual pilots and guides.

(Wł-or)

SUNDRIES

Every year hundreds and thousands tons of foodstuffs cross Polish borders to reach the tables of foreign consumers. All over the world buyers of Polish food have come to know and think well of our foreign trade enterprises engaged in the export of food products, such as AGROS, ANIMEX, HORTEX, POLCOOP, SPOŁEM, ROLIMPEX and RYBEX.
This time the "Sundries" present several Polish producers of food; they have been selected from among thousands operating throughout the country. Once the home market demand is satisfied, their surplus production is exported through the intermediary of the aforementioned foreign trade enterprises.

THE KUJAWY FRUIT AND VEGETABLE PROCESSING WORKS

The Kujawy Fruit and Vegetable Processing Works was set up and developed in the postwar period. Although it was only in the years 1960—1961 that the expansion and modernization of the works drew to the end, today the enterprise is one of the country's leaders in this branch of industry.

This thoroughly up-to-date combine is equipped with the latest installations, such as automated production lines for processing tomato concentrate, tomato juice and preserved cucumbers, which have a substantial share in raising the quality of produce as well as cutting down the labour cost.

The annual yield of the works comes up to 20 million unit packagings containing various articles of the finest quality. A broad assortment issued comprises among others: juices, fruit nectars, a dozen kinds of jams differing in the amount of sugar added, tomato juices and concentrates, salads, preserved cucumbers, haricot beans and many others.

Every year almost 20—40 per cent of the entire production output of the factory is dispatched to 33 countries in practically all continents. The demand continues to be very high, due both to the excellent quality and attractive packaging of goods.

2,500 farms, large and small alike, situated in the Włocławek, Aleksandrów and Lipno districts supply the works with raw materials, mostly tomatoes (contracts cover 640 ha of tomato plantations area). Owing to the efforts of the Kujawy Works, the cultivation of several varieties of industrial tomatoes of varying ripening times has been undertaken.

POLISH STRAWBERRIES IN THE U.S.A. AND CANADA

The Toruń Cooling Storage Plant has now completed the first stage of the fruit season campaign. At present deep-frozen fruit destined for export undergoes processing. So far almost 40 tons of strawberries had been shipped to the U.S.A. and Canada, while buyers in the German Federal Republic received 20 tons of the tasty fruit early in September.

Before long the purchase of Hungarian plums and elderberry will commence. A great number of foreign customers are awaiting elderberry which represents a great value for the pharmaceutical industry.

EVERY YEAR BRINGS IMPROVEMENT

Great changes have taken place in the Zambrów Fruit, Vegetable and Forest Crops Processing Works. Adaptation works have been carried out in both the new and old production halls, which made it possible to undertake the production of canned meat and wine in addition to the previous assortment. In the current season the Works issued impressive quantities of compotes of bilberries and cherries, as well as cherry and bilberry pulps, black currant compotes and pasteurized musts. At present the enterprise has embarked upon the production of preserved cucumbers and compotes of mirabelle cherries.

A substantial proportion of the production is earmarked for export and a significant increase in this years exports is expected as compared with the last year.

A PRODUCER OFIMPORTANCE

The Sieradz Food Processing Enterprise belongs to the biggest manufacturers of preserved fruit and vegetables and wines not only in the Łódź voivodeship, but in the whole country. Excellent jams, preserved cucumbers and other delicious preserves of every description are available on Polish and foreign markets alike.

This year nearly 70 per cent of the strawberry and raspberry pulps, both as remarkable amounts of preserved cherries, blackberries and black currants will be delivered to Belgium, Holland, the German Federal Republic, France, the German Democratic Republic, Czechoslovakia, Spain, great Britain, the U.S.A. and even remote Australia. Wine-making accounts for a serious proportions of the total production of the enterprise. In the current year the Wine-Making Plant of the Sieradz Food Processing Enterprise is to produce 2,5 million litres of wines of several kinds, since new grape wines have been added to ithe production assortment. We are assured by the Sieradz experts that the two fruit wines "Jumbo" (made of blackberries)) and "Krerezer" (made of cherry fruit), which have lately been approved for production, will udoubtedly win over consumers. The names of these wines are of Hungarian origin and correspond to the names of fruit of which they are made. Hungarian names of Sieradz-made wines are not a matter of pure chance. Customers of that country have shown interest in Polish wine and its export to Hungary is envisaged in the near future.

FOURTEEN KINDS OF WINE

The Fruit and Vegetable Processing Works in Dwikozy (the Kielce voivodeship) has been enlarging its production yield every year to reach the present level of over one hundred assortments of preserves such as well-known and highly appreciated jams, juices, nectars, compotes, etc.

Also this year an ambitious production programme has been outlined.

Beside preserves, wines constitute an important item of the market offer of the enterprise. By the end of this year factories controlled by the Union of Fruit and Vegetable Industry will have turned out 5 million litres of fruit wines of 14 kinds. A significant proportion of the output is to meet the export needs, and thus, for example, buyers in the U.S.S.R., the U.S.A., Australia and other countries have developed a great liking for the wine named "Janczar".

EXPORT-GARDEN IN ZBĄSZYŃ

The Zbąszyń export station (the Poznań voivodeship) is run by the world-famous firm "Hartwig". As the name itself indicates, the station is engaged in the export of our "garden", i.e., vegetables and fruit from all over Poland. In Zbąszyń the export goods, preserved and semi-processed fruit and vegetables, are transloaded, which, however, is by no means a mechanical process. Most of the work is done manually by the 11-member staff. This is parallelled by additional checking of the quality of incoming commodities, since it may occur that a lot of canned food arriving at Zbąszyń from a distant part of the country has turned bad on transportation. In September, as the first export lots from Polish gardens and orchards reach Zbąszyń, there is a great deal of work at the station, where the best is done to ensure timely deliv of fine-quality articles to custo abroad.

YOUNG BISONS FROM PSZCZYNA WOODS

Apart from the bison breeding c tres in the Borecka and Białow Virgin Forests as well as in St siany in Bieszczady, the royal mals of Polish forests are bred in the Pszczyna woods ce which specializes in breeding sons for export. Every years sev bisons are purchased by for customers, mostly zoological dens.
Bisons are dispatched abr mainly in spring and early aut before the advent of frost. The nu ber of animals exported does exceed that of calves born in given year, and they are chi three- and five-year-olds. A thus, for instance, two bulls " tal" and "Puklon" have been s to zoological gardens in Hanno and Hamburg, respectively, wh two bison bulls and two cows h found amateurs in the Germ Federal Republic and France.
At present the centre boasts "Plantor" aged 3,5 months, a Mister Beauty, very likely to be stately Ruler of the Forest one d It has become a tradition that mes of all bulls and calves from centre must begin with the le "P". Hence the names given young bisons; "Planktor", "Pl nista", "Plomba", "Placenta", " stówka", "Putmanka" and " rolka". Lovely and gallant as you bisons are, one is well advised keep out of their reach for they as dangerous as beautiful and m attack a man. Our bisons enjoy freedom in the 800 hectares p sture area in our forests.
The average life span of a bison a reserve is about 35 years. breeding cow "Pukałka" gave to 9, an "Platyna" to 8 calves.

EXPORT OF SLAUGHTER ANIMALS

The Koszalin voivodeship c rightly boast of its achievements the sphere of livestock breeding export. Emphasis must be laid h on the successful activity of Enterprise for Marketing Breedi Livestock which maintains clo cooperation with breeding far including those specialized in fattening of buck calves. The E terprise is the chief buyer of ca and horses from farmers.
Last year the Enterprise overf filled its export tasks by 40 cent.

RECONSTRUCTION OF STRAWBERRY PLANTATIONS

This year's crops have made it cessary to reappraise the wi spread view of the undue expa sion of strawberry plantations Poland. Among horticultural org

FOOD

from Poland

w of Exports of Agricultural Products and Foodstuffs

No 3(31)



FOOD *from Poland*

An. VI Warszawa 1970 No 3(31)

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Visit" by Józef Pankiewicz, collection of the National Museum in Warszawa.
zef Pankiewicz (1867—1940), a graduate of the Warszawa School of Drawing and a dis-le of Wojciech Gierson, was the first Polish painter who introduced impressionism into
was awarded his first gold medal in 1889 in Paris for the excellent "Vegetable Market Warszawa", painted under the influence of Aleksander Gierymski's realistic style. In the fo-wing year his "Flower Market" became a genuine revelation of impressionism for Warszawa. later works, numerous portraits, nudes, still life and landscape paintings reveal traces fascination with Cezanne, and then cubism and other trends. Yet towards the end of his the painter s humanist attitude prevailed again, his admiration of the old-time painting ng manifested by the brownish "museum" tone of his work which replaced the former ltitude of colours. Józef Pankiewicz exerted a marked influence on many an artist, not equently older than himself.



Foodstuffs and agricultural products "Made in Poland" are exported to over 100 countries. Each market has its specific features; depending on the local demands and commercial tradition as well as on the geographical situation, the assortment of exported food articles is either very broad or covers only particular commodity groups which are especially sought after by the consumers.

It is wortwhile to emphasize at this point that the assortment of products offered by Polish exporters is extremely rich and varied.

In response to enquiries we have received from Readers we are presenting in this issue of our magazine some major markets purchasing food from Poland ,with due consideration given to these articles for which the demand is particularly high.

And thus our Readers will find a piece of information on Polish deliveries of eggs and poultry products to the Austrian market. To be sure, Austria is not the only importer of the above mentioned products. Still ANIMEX which has been dealing in this line of export for 20 years now, has found out that Austrian buyers show a special preference for Polish poultry and eggs.

Similar is the case of Polish vodka on foreign markets. We do not hesitate to say that our vodka has made a worldwide career because of its unparalled quality. Yet the exporter of Polish alcoholic beverages, the AGROS Foreign Trade Enterprise, attaches special importance to Scandinavian markets. The export of Polish made alcoholic drinks is discussed in a separate article supplemented with an item of information about cocktails based on Polish vodka.

Our Reader will also get acquainted with a young Polish exporter of garden crops HORTEX in an article under the title "A Short Balance Sheet of Remarkable Achievements".

One of Polands' leaders in the field of the export of foodstuffs is POLCOOP. Agricultural products included in the vast export offer of this firm are supplied by farms associated in a cooperative organization known as "Peasant Self-Aid Union". The article about POLCOOP bears the title "Polcoop's" Delicacies on the French Market". That part of the issue carries also an article devoted to "Rabbit Meat on the German Federal Republic Market", a general information on fresh-water fish in the RYBEX export list, both as that on Polish grown rape the excellent raw material for making oil. Interesting items on correct nutrition habits as well as on diverse problems related to the production and export of foodstuffs "Made in Poland' complete the contents of the present issue. We recommend it to your attention hoping to hear any remarks and opinions you might have upon reading the magazine.

Editorial Board

Although the economic structure of Poland has undergone fundamental changes, the traditional export of food products has been continued. Poland and her customers—importers of agricultural-food articles (Austria being one of them)—are linked by strong bonds of tradition in trade cooperation.



Eggs and Poultry on the Austrian Market

We might say that Polish deliveries of eggs and poultry to the Austrian market helped our export to that country "come of age", and in the best meaning of this term, too. "Coming of age" has more to it than a long history of our export in this line, since it is reflected also by the appreciation on the part of customers and mass consumers.

The present article will be devoted, as the title says, to two items of Polish export:

— eggs end egg products, and

— poultry

Eggs and Egg Products

This line of export covers shell eggs and egg products.

Shell eggs are well-known both in Europe and elsewhere for such features as: dark-coloured yolk, the right proportion of yolk and white in an egg, foam-rich egg white and fine, natural taste and smell.

Considerable quantities of eggs are delivered to the Austrian market in retail packaging holding 10 eggs each and bearing the name of the exporting country



firm. Austrian housewives, who are not only epionally versed in the culinary art, but at the same are exacting customers, have shown a great liking Polish eggs and serve them in various ways:

or breakfast: an egg in a glass — the Viennese , or á la coque,

se them in making pastries of all sorts (the Austrian great cake-amateurs).

sh export embraces also factory-made macaroni, s, mayonnaise, and other foodstuffs made with addition of eggs.

dy-made egg products, especially such as deep fro- egg mass and egg white powder enjoy a very good tation on the Austrian market, both because of outstanding physical and chemical properties and which is not inferior at all to that of fresh eggs. products weigh less that fresh eggs and, last but least, are more convenient in use as the housewife ared the job of breaking egg shells.

rmation for Customers

nd's export of eggs to Austria has a tradition of standing. During the inter-war period Polish egg deliveries had a significant share in our matural trade turnover. They were resumed shortly after the end of World War II to be successfully continued up to now.

The fine quality of our eggs comes as a result of small-scale egg production which prevails in Poland.

Eggs which come from small farms basing on natural fodder are free of artificial unpleasant taste often found in those supplied by large-scale hen-breaders.

Difficult as it is to increase the output under the present production system, yet the unique quality of the product thus obtained makes up for it and the demand for Polish eggs has been steadily growing.

Eggs for Austrian buyers come mostly from southern Poland which allows to cut down the time of transportation (in special truck and railway vans) and thus guarantee their absolute freshness. Eggs to be dispatched abroad are selected according to weight and size which takes place under the supervision of inspection service staff. Eggs from Poland are in conformity with the Polish standard regulations based on International Standards.

of eggs

S — 67/68 g
A — 62/63 g
B — 57/58 g
C — 52/53 g
D — 47/48 g

Eggs are packed in wooden cases or cartons holding 360 pieces.

Special egg-shaped boxes are used as interior packaging ing. If requested by the customer, they may be replaced by small-size retail cartons for 6 and 10 eggs with a printed trade-mark.

Poultry from Poland

Poland, a famous producer of poultry, has won a firm position as an important exporter both on European markets and in other parts of the world.

Polish ducks, geese and turkeys, bred in natural farm conditions and given much freedom and home-grown food, are remarkable for their excellent taste, advantageous proportion of meat and bones and a low fat content.

As a result of crossbreeding for export purposes we have obtained a new type of duck of lean meat the maximum weight of 1,400 g (dressed, with giblets).

on a great number of European markets, including Austria.

Our biggest buyers are the German Federal Republic and France where we have had much success in competition with other exporters.

It must be emphasized that the number of amateurs of Polish-breed duck in Austria shows a distinct upward trend.

Polish geese do not need recommendation as their popularity with gourmets all over the world is unrivalled. It has become a tradition in some countries, for example in the Germany Federal Republic, that a "Polish goose" is a "must" in the Christmas menu. Austrian buyers display a similar preference for geese from Poland.

Small wonder, since the Polish exporter offers a special king of top-value goose of the finest taste; the secret lies in feeding the bird with oats and carrots prior to slaughter.

Polish turkey enjoys an equally high reputation due to its delicious taste, favourable share of meat and bones and the low fat content.

Natural breeding conditions, careful processing and attractive packaging of our poultry destined for export boost the demand for this article to an extent which makes it impossible to satisfy current needs of foreign customers.



POLSKA
ANIMEX
WARSZAWA

FOREIGN TRADE ENTERPRISE "ANIMEX", THE WORLD-KNOWN EXPORTER OF ANIMAL ORIGIN PRODUCTS, RECOMMENDS;

BACONS
HAMS
SMOKED MEAT
PORK, BEEF AND VEAL PRESERVES — 30 KINDS OF PRESERVES ARE NOW AVAILABLE IN A GREAT VARIETY OF PACKAGINGS AND SIZES.
ANIMAL FATS
READY-COOKED DISHES OFMEAT AND VEGETABLES
SOUP CONCENTRATES
POULTRY MEAT
POULTRY PRESERVES
FRESH EGGS END EGG PRODUCTS
FEATHER AND DOWN
HARD CHEESE OF SEVERAL KINDS
SHEEP CHEESE
CASEIN, GRANULATION 30, 60, 80/100° MESH
HORSES
LIVE GAME

ALL ENQUIRIES CONCERNING THE ABOVE PRODUCTS ARE KINDLY INVITED BY ANIMEX IMPORT — EXPORT ENTERPRISE, WARSZAWA — POLAND, PUŁAWSKA 14

Forms of Delivery

Polish meat duck is delivered in cryovac packaging. The weight of birds depends on buyers' wishes and ranges from 1,400 g to 2,200 g, particular weight classes differing by 100 g. Apart from traditional "bratfertig" duck, "grill" duck in the weight range 1,200 g – 1,400 g is getting ever more popularity.

Turkeys are supplied in the packaging of the same kind; the weight (in the range of 1,8 kg — 6,0 kg) depending on the customer's request.

Polish export poultry is subjected to strict veterinary inspection during the entire production process. Every bird undergoes medical checking before and after the slaughter and it is worth remembering in this connection that Polish veterinary service represents a very high level and enjoys international authority.

All works related to slaughter and dressing of poultry have been mechanized and the technologies employed and technical-sanitary conditions in our processing plants fully conform to world standards.

The fine quality of Polish poultry deliveries is further ensured by the most up-to-date means of transport used.

The sole exporter of Polish poultry, eggs and egg products, is the world-known firm ANIMEX, Warszawa, Puławska 14, Phone: 45-40-61, Telex: 81-44-91.



Polish Vodkas

On Scandinavian Markets

lish vodkas are well-known d appreciated all over the world their top-grade quality and ractive packaging. Our export s been steadily growing and present vodkas from Poland available in practically every untry. The fine quality of lish vodka has been highly lued, i.a., on Scandinavian mar-ts which is well confirmed by er increasing turnovers in this nge of articles. Scandinavian nsumers are well aware of the ct that in making vodkas Polish ecialists rely entirely on natural w materials and that no che-icals or artificial colouring gents are used. Another asset that the production of vodka Poland has an exceptionally ng tradition going back to the h century which is worth re-embering if we happen to visit ne of the modern plants where is beverage is made nowadays. rroving at a Danish or Swedish rport foreign tourists can see howcases in which the finest olish vodkas are displayed. Their porter, the Polish Foreign Trade nterprise AGROS, intends to ve similar showcases installed other Scandinavian airports.



The most renowned item of our export offer (the opinion not only of Scandinavian customers, but consumers all over the world) is undoubtedly WODKA WYBOROWA — excellent for straight consumption, both as for various cocktails and long drinks. "The best for cocktails" has become a synonym of this vodka also for our Scandinavian buyers who know very well that only special selected varieties of corn are used by the Polish producer, that the vodka is perfectly rectified and matured and therefore unparallelled for making cocktails and long drinks of all kinds.

The other great speciality of the Polish Spirits Industry, Żubrówka, is immensely popular in Scandinavian countries, because of its pleasant taste and unique aroma. It is worthwhile to mention that Polish Żubrówka has won 5 medals and one distinction at international quality contests of alocoholic beverages, namely

1962 — Ljubliana — silver medal
1963 — Brussels — special distinction
1965 — Leipzig — gold medal
1967 — Paris — silver medal


Polmos
WÓDKA
WYBOROWA
PURE GRAIN
45°
0.75 L

Polmos

POLMOS trade-mark of Polish vodkas and liqueurs

All Polish vodkas and liqueurs which are exported exclusively by the AGROS Foreign Trade Enterprise bear the trade-mark of POLMOS. The POLMOS trade-mark has been used on all our markets for several years now. Alcoholic beverages provided with the trade-mark are produced in Spirit Industry Enterprises of the Union of Spirit Industry. All labels on vodka and liqueur bottles carry the above trade-mark in a conspicuous place, preceding the name of the drink. The POLMOS trade-mark is a guarantee of the fine quality of vodkas and liqueurs and proves the originality of the products

Polmos



GROS

Foreign Trade Enterprise AGROS offers a wide choice of high quality articles produced by:
Fruit and Vegetable Processing Industry
Spirits Industry
Brewery Industry
Confectionary Industry
Tobacco Industry
Forest Crops Industry LAS

All details available from AGROS
Warszawa—Polska, Żurawia 32/34

We suggest several cocktails on Vodka Vyborowa as a base.

Vodka Wyborova on the rocks — pour 2—3 ounces of cold vodka on ince cubes in an Old Fashioned glass and serve.

Screwdriver — pour 2 ounces of Vodka Vyborova on 2 ice cubes in a tall "highball" glass, fill up with orange juice and mix well. You get a delicious and refreshing cocktail.

odkatini Dry — mix Vodka Vyborova with ice and dry Vermouth a mixer, strain through a sieve into cocktail glasses and serve ith a green olive or small onion.

itter Bison — pour Żubrovka and Vodka Vyborova on several e cubes in a glass with a heavy bottom. Add Vermouth (sweet) nd a little lemon juice.

olores — pour Visniovka, (Cherry Brandy) Vodka Vyborova, dry ermouth and a little rum on ice cubes in a tall glass. Serve with slice of orange or lemon.

Krupnik (Mead) — 1 glass honey, 2 tablespoons sugar, 1 cinnamon stick, 3—4 cloves, 1/2 l Vodka Vyborova.

Brown sugar to a caramel, melt adding 1/4 glass hot water.

Add melted caramel to the honey and boil with condiments.

Remove from stove the boiling honey, pour in the Vodka Vyborova and cover with a lid. Pour hot after 10 minutes into barrel glasses or porcelain goblets.

Excellent for frosty sleighing parties, excursions — warms one up excellently.

Vodka Wyborowa is best for coctails

eppermint cocktail — 1 glass Vodka Vyborova, 1 tablespoon eppermint liqueur, 1 tablespoon lemon juice, 1 glass seltzer water.

our into glasses containing ice cubes.

pricot cocktail — 100 g apricot pomace, 1 tablespoon sugar, 00 grams vanilla ice cream, 150 grams Vodka Vyborova.

f no pomace is available, strain fruit from a compote through a sieve, dd sugar (powdered is best) and ice creem. Mix and add vodka at he end. The cocktail should be served cool.

Orange cocktail with SeltzerWater — 1/4 liter vodka, 1/4 liter orange juice, 2 tablespoons syrup with cut vanilla pod boiled soft. To this quantity add 1 glass crushed ice and fill with seltzer water up to 1 liter. Put a thin orange slice with a slit, on the edge of the glass. Serve with straws.

Respberry cocktail — 100 grams raspberry pomace (frozen raspberries in winter), 1 teaspoon lemon juice, 1 teaspoon sugar, 100 grams vanilla ice cream, 150 grams Vodka Vyborova.
Mix pomace or frozen raspberries with sugar and lemon juice.
Add ice cream and at the end Vodka Vyborova.
Mix thoroughly before serving.

Almond-apricot cocktail — 1 tablespoon almonds (a mash), 1 tablespoon powdered cocoa, 3—4 tablespoons milk, 1 tablespoon sugar, 100 grams vanilla ice cream, 1/4 liter Vodka Vyborova, 1 tablespoon Rum.

Parboil almonds, skin and crush to a pulp. Add milk, sugar and cocoa. Mix thoroughly, add ice cream and at the end add Vodka.

...e Foreign Trade Enterprise
...during the past 12 years of
...c development has attracted
...ttention not only because of
...rowth in goods quantity and
...inning new markets but also
...proved quality, differentiated
...nent and perfection of export
production process.
...ty to comply with the wishes
...ign customers, as well as the
...tendency to make the subject
...t the majority of goods which
...ld stand the competition with
similar foreign commodities,
...rmined HORTEX progress and
...ments. The above purpose was

SMALL BALANCE OF GREAT ACHIEVEMENTS

Hortex after 12 years

achieved due to technical progress in equipment modernization, perfection of technological process and diversity of export packages.




HORTEX
UNGEZUKERT
TIEFGEFRORENE ERDBEEREN
Z.P.O.W. „HORTEX"
GÓRA KALWARIA



Enterprise
HORTEX is the
exporter of products
supplied by the Union
of Horticultural
Cooperatives.
The export list of
HORTEX comprises
the following
commodity groups:
fresh fruit and
vegetables
deep-frozen fruit and



egetables
uit and vegetable
emi-products
uit and vegetable
reserves
ees' honey and meads
ampignons
l details concerning
e export offer are
ailable on request
om: Foreign Trade
terprise HORTEX,
arszawa – Poland,
arecka 11a

Rich assortment of fresh fruits and vegetables and their preserves was of great importance for HORTEX export activity.

During the first export years, HORTEX offer was limited to a small commodity list covering: commonly in our country grown fruits and vegetables, semi-preserves, such as: pulps, and preserves, mainly pickled cucumbers and compotes.

To-day's list of commodities includes over 100 items and covers various products. Fruits and vegetables are exported fresh, deep frozen, dry and processed — various forms of preservation applied .

Pasteurized fruits added to the export list by the Foreign Trade Enterprise, HORTEX, proved a great success. They constitute an important item to-day. Pasteurized fruits "Solid pack" are prepared according to the English receipe and supplied to Great Britain, Canada and Wes Germany.

Similarly, the list of export commodities was extended to some vegetable marinates, eg.: beet roots in vinegar (pickled baby roots), sliced beed-roots, pickled onion, all manufactured according to wishes of customers and supplied to Anglo-Saxon markets.

Less — but not the least — important was the initiated export sale of salinas: onion and gherkins in salty pickle, presently exported to overseas countries for further processing.

Little at the beginning, export of sauerkraut in barrels has been developed greatly after the introduction of pasteurized sauerkraut and application of retail packages.

Recently, a wide range of various kinds of vegetable mixtures called "Gemüse Coctail" was added to the export list, majority of them manufactured by plants subordinated to the Centre of Gardeners' Cooperatives.

At the time being, the Foreign Trade Enterprise, HORTEX, is working upon new assortments of fruit and vegetable preserves for instance: "fruit salad", "sterilized beans" (corn), "silver onion" etc. HORTEX adding furter assortments of fruit and vegetable preserves is combined with a large deep freezing of fruits and vegetables.

Fresh strawberries sweetened and unsweetened raspberries black currants morello-cherries etc. compose presently a large commodity volume for export.

The Foreign Trade Enterprise HORTEX has also a great share in export of dry vegetables. Primarily exported was only dried onion later other vegetables eg.: carrot beet roots, selery leeks and potatoes. Polish dry fruits and vegetables are a commodity sought for by foreign buyers and fetching high prices

Export brought a new task — improvement an modernization of technological processes.

HORTEX imported a number of machines an facilities for the Centre of Gardeners' Coopera tives and other associated factories eg.: Export Import Enterprise of Cold Storage Plants En terprise LAS etc. As an example we shal enumerate only a few that is: lines for onion classification, production lines for fruit processing, mead dosers machine sets for enrichment of fruits and vegetables, mechanic selectors, refrigerating sets, stone removers, slicers, presses and other equipment for packing and labelling the goods.

Of essential importance in technological process are: elimination of chemical preserving agents termic preservation of products and other physical methods.

Due to new facilities and skilled producers all chemical agents of negative impact upon products have been reduced to minimum or eliminated whatsoever.

Packages with KRAKUS Label

To catch up with the competition HORTEX sought also for new solutions in the field of packages.

Technical progress in this range may be illustrated by the following example. Wooden boxes commonly called "No. 1" constituted an original package for apples exported to our neighbour countries. Such package was heavy expensive and did not correspond to demands of foreign customers so it had to be changed. A 25 kg chip box was a progress in this field. In such boxes we dispatch to-day not only apples, but also other hard fruits. Chip boxes are light, cheap and more efficient than boxes "No. 1". Furher technical progress in this branch was the application of corrugated cardboard boxes with partitions for the export of apples following the foreign package pattern.

Packages for fresh strawberries passed a similar evolution. 2 kg baskets still in use 1 kg baskets have been introduced by the Foreign Trade Enterprise HORTEX also 1 kg folding cartons of a nice graphie design. Majority of strawberries are supplied in such cartons to Sweden, Finland and West Berlin.

This year retail packages have been used also for fresh raspberries. A 250 g carton box is considered the best. Orange cotton bags have been a traditional package for fresh onions a lighter stripe in the middle of the bag born the mark "Polish Onions". Polish onion of "Wol-

d 5 kg cotton bags for onions are in use
retail packages of cotton net and
ene foil 1/2, 1 and 2 1/2 kg are applied.
" box for export of frozen strawberries
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kages for fresh export champignones
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ws.

ff' lids ⌀ 82 and 66 mm mark a consi-
rogress in packages for fruit and vege-
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tion upon the improvement of package
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w years an attempt is made to replace
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e some of the new export packages to
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ed of single packages — covered with
in order to eliminate transport packages,
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like.

of cooperation with our customers make
ve that in future our mutual trade rela-
ll be still deepened and expanded.

POLCOOP DELICATESSEN ON THE FRENCH MARKET

Exports of the POLCOOP Foreign Trade Enterprise of the Central Agricultural Union of "Samopomoc Chłopska" Co-operatives reach 56 countries of all continents. Next to such articles as potatoes, fruit and vegetable products and seeds — the exports of which are growing from year to year and therefote called mass exports — POLCOOP offers and sells to customers nothing but rarities.

Among these may be rated fresh mushrooms — especially chanterelles, which are in such demand in Great Britain and the German Federal Republic, tame rabbits, guinea fowls and canaries.

On the French market POLCOOP is known, among other things, for its exports of delicatessen. This market is purchasing from POLCOOP frozen guinea fowls, goose livers, livers of ducks, edible snails and frogs. These foodstuffs are used for the making of the most sophisticated and expensive snacks. It should be noted that with some gourmets, these snacks are rated higher than caviar or Strasbourg pate de foie gras.

Moreover, POLCOOP is the exporter of acorns, chestnuts and fruit of wild-growing, fruit bearing trees and shrubs. POLCOOP's export list also includes peat moss. Well packed in attractive packing peat moss is shipped to 30 countries. A properly organized and efficiently operating production and raw material basis guarantee a businesslike and prompt execution of contracts signed. It is, therefore, not surprising that POLCOOP is winning ever new customers and that its turnovers show a constant upward tendency.

CRS POLCOOP

Foreign Trade Eenterprise POLCOOP recommends;

- Consumption seeds
- Forest crops
- Meat products
- Preserved fruit and vegetables
- Potatoes
- Peat
- Fodder

and other articles of the fines quality, such as:

canaries
snails
frogs

Detailed information available on request from
Foreign Trade Enterprise POLCOOP
Warszawa — Polska, Kopernika 30



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Dishes from Edible Frogs and Snails

Frog Legs in Pastry

To make this dish you will need frog legs, pepper ,chopped parsley, vinegar, pastry, fat.
Only frog legs are edible. Wash frog legs carefully and cut off fingers with scissors. Place them in a bowl, sprinkle with salt, pepper, chopped parsley and vinegar. Right before frying, dry macerated frog legs on a tissue napkin and roll in pastry. Fry them in hot fat in a deep pan for 5 minutes. Serve arranged in a "pyramid" with fried parsley.
Note: When frying frog legs you can use breadcrumbs, finely chopped garlic and shallots.
Champignons (or other mushrooms) browned in butter and fried potatoes cut into cubes will make a good addition to the dish. Frog legs may also be used for ,making a risotto.

Fried Frog Legs

Use frog legs, flour, fat, butter, salt, lemon juice, green parsley sprigs.
Cut off fingers, wash and dry frog legs, roll in flour and fry in a pan. Sprinkle profusley with salt and pepper. When frog legs get brownish in colour on one side, turn them, adding some butter so that it becomes brownish, too. Prior to serving, pour hot butter on frog legs, sprinkle with lemon juice and chopped green parsley.

Edible Snails

For cleaning snails prepare salt, vinegar and a small amount of flour. For stuffing you will need the following ingredients: 60 g butter, 30 g shallots, a pinch of salt, 5 g garlic, a pinch of pepper, a pinch of nutmeg apple.
The stock for cooking snails will be made of wine combined in the proportion 1:1, salt, carrot, onion, shallot, a clove of garlic, green parsley, a laurel leaf, thyme and a few corns of pepper.
Wash snails carefully several times in a large amount of water so as to eliminate all impurtities. Remove shell valves by means of a small knife. Place snails in a stone pot covering particular layers with thick salt, vinegar, and a small amount of flour (apply salt, vinegar and flour in a quantity depending on that of snails). Leave snails in the pot for two hours, shaking from time to time. Then take them out and wash again in order to remove slime. Put snails into a pan with cold water, cook slowly and skim thoroughly. After about 8 minutes' cooking take snails out and let them cool in a sieve. Wash, clean and slice vegetables. Combine wine with water, add vegetables and spices. Cover snail with the stock, cook over a low flame, but without stopping for 3 — 3 1/3 hours, depending on the size of snails.
Transfer snails into a sieve, remove shells and the anus (black in colour). Wash shells in warm water, drain and dry. When snails are cooked you may fry them in pastry or make stuffing for the shells.
Stuffing: clean and cut shallots, crush garlic. Fry snails with shallots in butter for a short time but do not let them get brownish in colour.
Note If cooked in shells snails are hardly penetrated by the taste of seasonings and hence it is advisable to flavour them additionally afterwards.



FOREST FRUIT

vast production basis allows POLCOOP an portant export of forest fruit.

First and emost are large uantities of fresh shrooms as well as refined pickled mushrooms.

The Polish chanterelle mushroom hin 24 hours of its picking is already on the nsumer's table in mburg or Berlin.

Pickled boletus edulis or butter mushrooms (lactorius delicious) are ays an article in demand in the ted States and many other countries.

In the group of mushrooms on POLCOOP's ort list are also the expensive shrooms of the dible species of sac fungi. The ma and flavour this mushroom makes it placeable in the preparation of ces and pates.





Rapesced in full bloom

"Rolimpex"

National Foreign Trade Enterprise

Import

grain • rice • oil and fats • oilseeds • oilcakes • fodder plant seeds • vegetable and flower seeds • medicinal herbs

Export

sugar • sugar beet molasses • dried sugar beet slices — „whole cut" and „small cut" • dried sugar beet pulp in pellets • dried chicory roots • rye and rye germs • cats • buckwheat shells • brewing barley • brewer's malt • hops • rapeseed • crude rapeseed oil • rapeseed meal • potato starch • modified starches • dextrine • instant potato crisps • potato pulp for feeding purposes • sugar and fodder beet seeds • grass and fodder plant seeds • vegetable and flower seeds • feeding seeds • decorative shrubs and trees • medicinal herbs and spices • salt

Further information on export and import of the Enterprise is available from

"Rolimpex"

Warszawa, Poland Al. Jerozolimskie 44

ROLIMPEX

LISH RAPESEED —EXCELLENT OIL SEED

seed became in postwar an important oilseed, al-gh its share in the world ba- of oilseeds reaches only t 6% of total world oilseeds uction.

gh rapeseed growing is main-ncentrated in Asian countries ese People's Republic, India, tan, Japan) which produce than half of the world ra-d production, Europe shows dynamic increase than Asia. y rate of increase in rapeseed uction is next to sunflo-eed the highest among oil-. This trend prevails among pean countries and in EEC tries in particular.

lopment of rapeseed pro-on in Poland created natural of supply of locally grown d for crushing plants and n last twenty years farmers st focussed on rapeseed vation resulted in doubling under rapeseed and in trebling per hectare.

ese favourable circumstances us of Polish rapeseed crop exported. In 1965 Poland re-d export of crude rapeseed nd since that time exports ased every year. Poland beside da, Sweden, Chinese People's blic and France belongs to exporters of rapeseed in pe. During five years (1964—) exports of rapeseed in the d increased almost 2.5 times exports of rapeseed from nd between 1965 and 1968 n and increase by 3 times.

features of rapeseed exported Poland are: high oil content, purity of seed and low ture. Due to excellent quality ts Polish rapeseed became ed in demand by foreign cu-ers and enjoys steady buyers urope and in other parts of world

h varieties of winter rapeseed nguish by large, goodlooking

[illegible] easier. Foreign buyers confirm that when crushing in their plants Polish rapeseed they obtain not less than 44% of crude oil in average. Due to low moisture of Polish rapeseed it can easily be stored for long period ot time and even after a prolonged storage still renders oil of low contents of free fatty acids. Low moisture which distinguishes Polish rapeseed allows that it stands well in long vessel trips. Rapeseed extraction obtained from Polish rapeseed distinguish by high protein contents (over 40%), low moisture (below 10%) and sand /silicone contents considerably below 1% and due to these features it is valuable and required component to cattle feeding stuffs. Majority of deliveries of Polish rapeseed supplied foreign buyers showed atdestination moisturebe low 7.5% and admixture below 1%.

Results indicated above are far below specification on rapeseed traded internationally and are an important factor determining that Polish rapeseed remains in demand and enjoys reputation of high quality oilseed among foreign customers.

As in rapeseed, there is for several years in the world, slow but steady trend to increase consumption of rapeseed oil. Due to replenishment of rapeseed crops and marked increase in supply of rapeseed oil its prices became competitive against other vegetable oil. Margarine and vegetable oils producers became more and more interested in this oil. It appeared that by using modern process of refining rapeseed oil can easily be used as salad oil or to salad dressing and its taste has fully satisfactory properties. At the same time tests carried on rapeseed oil as a component to the margarine production resulted satisfactorily. Rapeseed oil enjoys particularly wide usage as solid stage in margarine production due to its susceptibility to hardening. Consequently rapeseed oil, not long time ago used mainly in many countries for technical purposes, resumed advantageous competition against other vegetable oils used for edible purposes.

where olive oil is largely used, prefer rapeseed oil than other vegetable oils like soyabean oil or sunflower seed oil, bacause of its colour, smell and taste similar to olive oil. Due to considerably lower prices of rapeseed oil it is widely used in those countries as a component or substitute of olive oil.

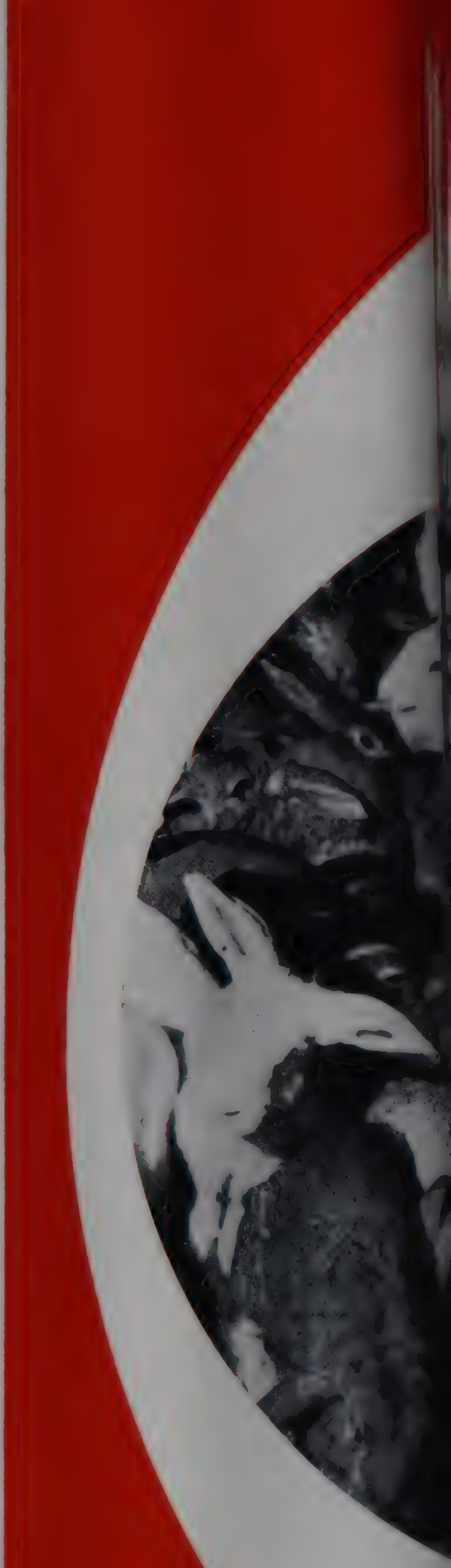
In Poland, one of the largest rapeseed oil producers in the world, rapeseed oil has a particularly wide range of application. It is used as cooking oil, component to salad oils, and also as one of the main margarine components as well as to shortenings and cooking fats.

Maintaining of constant area under rapeseed allowed for larger production of rapeseed oil and exports.

Main importers of Polish rapeseed oil are EEC countries. In spite that EEC countries are large producers of rapeseed and rapeseed oil the quantity produced by them does not cover their need fully.

As a consequence of present circumstances EEC countries are importers of vegetable oils and among others of rapeseed oil. However usage of rapeseed oil in these countries, in comparison with other vegetable oils, is low as percentage of tofal volume of vegetable oils, and much lower than in Poland and Sweden. As prices of rapeseed oil are attractive its more extensive usage can be achieved. Within last years also England, after carrying several tests on rapeseed oil, accepted rapeseed oil as a valuable substisute for other vegetable oils and shows more interest in this oil. Although increase in rapeseed oil production is not foreseen we shall be able in future to offer Polish rapeseed oil to customers abroad as to fulfill their demand both for technical purposes and to enlarge variety of edible vegetable oils for human consumption.

Polish crude rapeseed oil enjoys regular customers who appreciate high quality of this oil produced by modern processing equipment and through years of experience in this field.



ROLIMPEX

Społem Rabbit Meat in German Federal Republic



SPOŁEM, Foreign Trade Department for a number of years now is exporting tame rabbit carcasses to many countries of Europe: the German Federal Republic, Belgium, the Netherlands, Italy, France, Switzerland..... and this export is growing considerably from year to year.

In recent years one can note a special delight in the taste of rabbit meat in the German Federal Republic. Export to that country is growing considerably — obviously this is linked with an increasing home demand on that market.

It must be said that the consumers in this case are guided by a healthy instinct, which has in view its own good.

For Polish rabbits are rabbits of breeding (not wild) which are fed solely with natural fodder. This owes their meat additional taste and nurtitive qualities and deprives them of the negative characteristics of the meat of animals which are fed by more scientific and effective but less valuable for the consumer methods.

The meat of a tame rabbit is really exceptionally healthy and nutritive, the best proof of which is that it is willingly given to reconvalescents in hospitals and sanatoriums.

Besides this the rabbit has recently won for itself an outstanding position even on menus of the most fashionable restaurants, because its meat can be prepared in very many ways while it always retains its delicate taste so pleasing to the palate.



Foreign Trade Office SPOŁEM
Export; agricultural — food products
Import; citrus fruits, condiments and seasonings

SPOŁEM offers

confectionary products
chocolate sweets
confectionary bakery
deep-frozen rabbits — whole and in parts.

All enquiries should be addressed to Foreign Trade Office SPOŁEM, Warszawa — Polska, Grażyny 13

M, Foreign Trade Department
means limits its export of rab-
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ses. After considerable prepa-
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usly the price of cut-up rabbit
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e will be able to satisfy his
te with the delicious meat of



SEVERAL REMARKS ON NUTRITION





YESTERDAY, TODAY AND TOMORROW

it appears from the research work of ntists, sensible nutrition is an im- tant factor affecting the physical, ntal and psychical deaelopment of n. It is of great importance to the anism, that imposingly wise "machi- whether it gets protein of standard e, which in chemical transmutation oly represents the value of 10 ami- cids, extremely important compo- ts. Whether the organism received necessary supply of energy indispen to warm the body, material to build issue or components regulating vital cesses depends on the quality of ition.

blems pertaining to sensible nutrition not alien today to the average eadeater". Social organizations the ool have become increasingly cen- ned today with this important matter. n though there remains with man is a rather general impression of the se sciences, ignorance of details ma- it difficult to apply them in practice.

reply to the question: what one uld eat, when, how to plan a menu meals, how to prepare them, how to e them, cannot be specific, because ryone knows that the requirements of organism are dependent on age, sex, k performed by a definite person. For eral guidance it is worthwhile to nd that an adult woman, for instance, king mentally should consume about grams cereal products, 500 grams of and milk products, 1 egg, 70 grams t, 30 grams pork, butchers meat pro- s, 25 grams fish, 15 grams butter, grams 20 percent cream, 50 grams ge plant vegetables (sources of vi- n C), 25 grams beet, 350 grams po- s, 150 grams vegetables which are ces of carotine (green and yellow), vegetables, 210 grams, 50 grams 15 grams sugar.

easy to draw the conclusion from aluer that not the quantity of

ducts is of importance, but their diversity. The human organism cannot store reserves — apart from fat — hence all the necessary components must be supplied.

Studies have shown that we commit the following errors as concerns nutrition: we consume too many fats, potatoes and sweets, too little milk, vegetables, fruit.

Of importance is not only "what" but also "when" we eat. Here the advice of a dietician is: always at the same time. It is even better to have worse food, but regularly than to take the alimentary tract by surprice — which almost innevitably leads to gastric disturbances. It would be best to take the daily portion of food in 4 meals in the following proportions: 20 % — breakfast, 10 % — lunch, 40 % — dinner, 30 % — supper. Consuming food in a hurry, under nervous tension, when overtired, without a minute's rest are crimes against health.

How to plan a menu? Each meal should contain animal-derived protein of full value, hence — milk or cheese, egg, meat, poultry or fish. Among matters which are as yet unknown to many, but how important, is the principle: products containing vitamin A (carrots, tomatoes etc) should necessarily be eaten with fat for vitamin A dissolves only in fat and can be assimilated by the organism.

Of no less importance is the preparation of meals in such a way that the losses of valuable components would be as little as possible. For instance, it is a sin to soak liver too long because then it loses its valuable mineral salts. For the same reason, vegetables should be washed before paring and especially before they are diced. Similarly, inexpert preparation of vegetables leads to a loss of valuable vitamins, principally vitamin C. One knows that its enemy is oxygen! Since cold water contains much oxygen, the principle should be to pour hot water on potatoes, carrots, cauliflower, and boil them in as short time as possible. Cuntact with iron is an enemy of vitamins. Hence only rustless knives, unchipped kettles must be used. Frying on butter is also quite a general mistake. This product is extremely rich in useful components when in a raw state, when fried it not only loses them but even gets harmful components.



pinion of research workers is divided on this r. It has not been definitely solved whether ptheus wanted to warm the population with e stolen from the gods or whether he in- d to use the heat of the fire for culinary ses. The hearth, used invariably for centuries Anglosaxons as a form of heating accom- ion speaks in favour of the first thesis. For, in ce, what else than a hearth is the very ing English fireplace with all its advantages efects. The second thesis is defended by of the avalanche-like expansion of the tech- cooking, stewing, frying and roasting.

The homo sapiens species made their start into the history of mankind with a "cold buffet". Who knows whether the itch in this direction of persons of the male sex of the human kind has not an atavistic foundation? The most primitive form of housekeeping — hamstering — compelled to feed on products in their natural state. A diet composed of fruit, berries, roots, rootstocks, insects and bird's eggs promised a slender figure (a 20th-century obsession) but did not fully satisfy the needs of the aggressive human species.

Man in his struggle with the overwhelming forces of Nature needed — besides a mind — calories.

oducts. Plants that were without value until now, ch in starch, unassimilable in the raw state by an's organism, when heated became the funda- amental energy-producing food article. Meat of unted animals, roasted on the fire was digested nd assimilated much more easily and became comparably more savoury.

ne can therefore not wonder that Man from the awn of his history made every effotr to make his tchen workshop more perfect. The sacred home es filling diverse useful functions also created any inconveniences. Being burned in the open r, it was exposed to rain and wind. Rain threa- ned extinguishing the priceless fire, wind threa- ned conflagration. The inventive mind went ong two lines: sheltering the fire from the sides nd top which leads to the primitive hearth block to hide the fire under a roof which gave in onsequence a chimneyless cabin with a hole in e roof for the escaping smoke, which was to be und in Europe as late as the end of the 19th entury. A fire used to prepare food enabled asting on a spit, roasting in ashes, boiling in ay (ceramic) dishes.

moke and soot were more burdensome. The inking Man eliminated these inconveniences, scovering the phenomenon of calorific capacity. ot at once did he formulate it as a physical law. ut he built a stove that was airtight on five sides, nabling to heat dishes under comfortable condi- ons compared with the previous fire, long after owing embers were removed.

he next stage in advancement was to discover and uild a smoke channel conducting the flue gases the chimney without smoking up the accommo- ation. This solution enabled the spread and broad evelopment of kitchen ranges from the primitive uilt only from bricks up to transportable kitchen nges, so-called Westphalian with an iron plate, ove lids and oven through the enormous courtly nd bourgeois kitchen ranges, priding themselves r their perfectness, confident in their intansiency, rnamented with bronzes. And he, who was re- oved by fate from life's convivial table, balanced s strained household budget by using for cook- g his food, petrol stoves called "Prymus" (Pri- us) in Poland. The primus was not difficult to perate but they were noisy in their work and tensively soiled the kettles with their smoky fire. pirit stoves, much more expensive in use, did ot have these unpleasant traits. Alcohol is used to now as a fuel in tourism, replenishing the ill popular cookers. The primus has probably lost r ever its rights of citizenship, giving way to e considerably more perfect equipment of the resent day.

oal kitchen ranges still defend their right to be in ral settlements and small towns on the outskirts civilization. But their years are numbered. The

unsuspected quantities of supplies of natural have revolutionized the thermal technic of kitchen. Cleanliness, immediate readiness for operation, possibilities of precise regulation of thermal power, elimination of smoke and s available sources of power make kitchen or ele ranges so highly attractive that coal stoves any moment wander to the museums of mat culture.

So much for history. And what is today prepa for the close tomorrow? The priestesses of home hearth — women — having gained e rights with men, demand that the conquests the world's latest technic be introduced into kitchen. The demands of those who hold the fa purse strings in an order for trade and indus The technic of tomorrow is full automation, fe back closely related to cybernetics and elect magnetic microwave power. All these elements found in the increasing numbers of the new models of household kitchen ranges.

The modern gas or electric range little resem its predecessors of the forties. It has been con derably transformed. It has become an auton enabling the carrying out of the so-called therm processing that is the process of boiling, stewi or roasting in principle without the participati of the housekeeper. The responsibility of the la of the house consists only in preparing semipr ducts, putting them in the proper dishes into t oven or putting them on the gas or electric burne A properly set automat will do the rest. Upon h return from work, she will find the meal ready, h and cooked without any danger of its bei burnt or underdone.

In the equipment replete with modern technic the electric thermostats, parametals, transforme capacitors and servomotors, faultlessly perfo complicated operations better than Man. Behi the curtain of knobs, buttons and clocks, maki a modern kitchen range resemble a TV set, w shall find friends from the cave period. For wh is a grill heated by infarared rays if not a clo cousin to the spit? A completely new innovati in the technic of heating are microwaves. Micr wave kitchen ranges, frequently with a simult neous utilization of infrared rays, produced, sin recently, in many countries, Poland included, a for the most part intended for restaurants, boar ing houses, hotels and hospitals. The microwa kitchen range is the most modern heating applia ce. Microwave heating, used for the preparation food enables a considerable shortening of t cooking process or the so-called thermal trea ment, ensuring as the same time a high quality savouriness of the dishes and the preservation the full nutritive value ot the utilized products.

Z. Zawistows

Polish kitchen



Roast Duck with Apples and Rice

1 duck, 2 apples, 1 medium-sized onion, 1 glass rice boiled loose, 2 tablespoons butter, 2 eggs, salt, pepper, marjoram to taste.
Wash duck thoroughly, rub with salt and marjoram. Fold wings. Stuff duck with prepared stuffing. Mix rice with finely cut onion, fried on butter, and apples pared and divided into 8 parts. Season with salt and pepper and marjoram.
Blend in two whole eggs.
Lace stuffed duck by means of toothpicks and string or pin up with metal clips.
Grease duck with butter, place in a roasting pan, back on the bottom and roast in a medium hot oven about 1 — 1,5 hour. Baste the duck frequenty with the sauce formed. Divide the roasted duck into 6 — 8 portions. Serve with pared potatoes of different size and shapes, that have been baked with the duck and with a raw salad of available vegetables and sour cream

Stewed Goose with Broad Beans

1 goose, 1/2 kg broad beans, 1 onion, 2 tablespoons butter, 1 tablespoon flour, 1/2 glass dry white wine, salt, marjoram, pepper to taste, allspice and bay leaf for stewing.
Soak beans and boil until soft in the same water.
Clean goose thoroughly and when rinsed divide along the spine into two parts, then each of the halves in 5—6 portions. Salt portioned goose, sprinkle with marjoram and pepper. Fry each portion to a light brown. Brown on butter with finely cut onion, add flour and thin with a glass of water. Put portions of browned goose into the sauce made and divide each layer with the boiled beans, repeating the layers until all the ingredients are used.
Season to taste. Add allspice and bay leaf, cover with a lid and stew until soft. Pour in wine 15 minutes before serving and stew for a while under cover. Taste and if necessary add more seasoning.
The dish should be seasoned rather pungently. Serve with raw vegetable salad.



Royal Soup

Chicken broth — 750 l, boiled chicken — 150 grams, 2 egg yolks, 25 grams butter, wheat flour — 25 grams, smoked bacon — 75 grams, almonds — 25 grams, celery root — 75 grams parsley — 75 grams, carrot — 75 grams, salt, green parsley.
Brown butter with flour, add sliced vegetable and chicken meat, ground almonds, hard-boiled egg yolks and diced bacon. Pour the broth over the components and stew under cover until soft. Then force throught a sieve, add broth and chopped green parsley. Serve in bouillon cups with small puff paste balls or toaste (about 1000 ml of soup is obtained).

Tenderloin à la Noblesse

Fillet of beef — 650 grams, fat — 25 grams, fresh bacon — 35 grams, salt.
Clean the fillet of beet, then cut bacon into thin strips and interlard the fillet. Rub with salt. Heat fat, brown the tenderloin on all sides, put into a roasting pan, add fat and sprinkle with water. Roast in a medium hot oven. Remove meat when tender and divide into portions, cutting the slices crosswise, across the fibres. Serve with potato purée, French beans or raw vegetable salad (ready dish about 500 grams).



Roast à la Tsigane

Beef — 660 grams, carrot — 50 grams, parsley root — 50 grams, smoked bacon — 150 grams,
bacon — 150 grams, flour — 20 grams, lard — 50 grams, tomato concentrate — 50 grams, sugar — 5 grams, salt, pepper, garlic, bay leaf, green parsley.
Mould the meat, sprinkle with flour, brown the whole. Remove to kettle, add shredded carrot, parsley, onion, garlic, pepper, salt, sugar and bay leaf. Cover with fat and water, stew under cover. Add tomato concentrate toward the end of stewing. When meat is tender, rub vegetables through a sieve and add finely diced smoked bacon to sauce. Boil once.
Cut meat into portions and serve after heating in sauce.

Hot Served Ham

We have been accustomed to eat ham cold. A hot dish can be prepared from it, however. Ham with peas, for instance is excellent. For this purpose, boil 1/2 kg smoked ham with soup vegetables. If the ham had already been boiled, then boil it but a short time with the vegetables. Boil separately 3 cups of washed peas that had been soaked the previous day in water.
Force the boiled peas through a sieve, add a cup of the meat broth in which the ham had been boiled and 1 finely chopped and slightly browned on fat onion. Add salt, pepper and marjoram to toste. Slice ham, place on a platter, surround with the hot pea mixture and serve.



Cold Boiled Beef

Cold boiled beef is generally eaten hot. It may, however, be served differently, for instance cold.
Rub a nice piece of beef with salt interlard with fresh bacon pour over with a liter of boiling water. When meat is half done add soup vegetables. If available, two calf's feet can be boiled in a liter of water. Add beef broth to the stock made of calf's feet. Arrange the sliced beef on a platter or salad dish garnish with sliced boiled carrot and green parsley sprigs. Pour cool stock on the meat after adding salt and pepper to it to taste.

Attention : If calf's feet are not available, add a tablespoonful of gelatin to the meat broth.



Fillet à la Radziwill (5 portions)

Products: 0.50 kg pork chops, 1 dkg wheat flour, 0.05 kg lard 0.05 kg butter, 0.08 kg meat paté, 0.10 kg white bread, 0.05 kg boiled ham 0.05 kg green peas, pepper salt, green parsley.

For mushroom sauce: 2 dkg dried muschrooms. 0.05 kg onion, 0.05 kg margarine, 0.04 kg wheat flour, salt, pepper.

To prepare mushroom sauce. Pour 1/2 liter water into a kettle, boil carefully washed mushrooms, strain and cut into strips. Cut onion finely, stew with fat, add flour, brown to a light colour; thin browned flour and fat with the mushroom stock (0.30 liter) strain through a sieve, add mushrooms and seasonings, boil sauce.

Prepare fillets: remove bones and fat from meat, cut 3 slices, beat lightly, shape, salt, sprinkle with flour, fry browing them on both sides; add butter, fry until done.

Cut crust off from the white bread, cut into thin slices. Put a slice of paté on each slice of white bread, fry on butter. Put the ready toasts on a warm platter, put a hot fillet on each toast; pour over with mushroom sauce, then scatter ham cut into strips and heated green peas. Decorate the platter.

If the fillets are served as the meat course, put boiled potatoes around the platter and serve with French peas, cucumber salat, lettuce or tomato salad.

Tastes wonderfully!



FISH DISHES

Cod Fillets

Soak a 10 dkg roll in water, press out water. Put 1 kg prepared cod through the meat grinder together with the roll and — either together with onion, or chop the onion and fry slightly on a tablespoon of fat. Blend into the mixture, adding an egg, salt and pepper.

Form fillets out of the mixture, coat with flour and fry on both sides on hot fat.

Arrange fillets in refractory dish or kettle and interlay with slices of tomatoes. Salt, pour over with a glass of sour cream and put into a medium hot oven. The dish can also be sprinkled with grated cheese if desired. Serve fillets in the dish in which they had been baked.

Cold Cod Fillets

Prepare fillets as above. Do not put into a kettle, but leave until they cool. When cold, pour the following sauce on a salad dish:

25 dkg chopped onion, add a little water, a tablespoon of wine vinegar or juice of half a lemon, seasonings such as salt, bay leaf, pepper and red pepper and boil.

When onion is done — force through a sieve. Then mix onion with 1/4 l tomato purée, sugar and salt to taste, adding a little vinegar or lemon juice to make

purée, sugar and salt to taste, adding a little vinegar or lemon juice to make the sauce sharp.

Cover the fillets with this sauce and it is best to let stand until the next day so that they would go through with the sauce.



Redfish in Horseradish

Portion 1.5 kg prepared redfish as many pieces as there are persons. Salt. Grease kettle, put in the portions of redfish, sprinkle with grated horseradish (ca 5 teaspoons). Pour a glass of sour cream on the fish and stew.

Serve this delicious dish with boiled potatoes and a raw vegetable salad.

Redfish Goulash

Cut into portions about 1 kg redfish and sprinkle with lemon juice. Slice onions and stew on diced fresh bacon (2 tablespoons) Add two tablespoons tomato purée. When onions are soft, sprinkle them with a tablespoon of wine vinegar, sprinkle with 2 tablespoons folur, mix thorou- liter water. Add seasonings: 2 cloves, a little red pepper, a bay leaf, salt, caraway seed, half teaspoon grated lemon rind, 1 garlic clove. Then pour this sauce over the portioned redfish and stew another 15 minutes.

Serve with potatoes, dumplings or macaroni, or with rice.



Redfish or Codfish with Mushrooms

Cut 1 kg fish fillets into portions, sprinkle with vinegar or lemon juice, salt and fry at once for a short time on fat on both sides.

Parboil 1/4 kg tomatoes, remove skin, dice into small pieces and stew together with chopped onion (2 pieces) on fat in a kettle. Chop several dry and soaked mushrooms an stew. Add onion, salt and pepper to taste.

Put into a kettle, stonewar pot or refractory glass first a portion of fish, then the mushroom mixture and sprinkle everything on top with grated cheese (ca 3 tablespoons). Bake for 15 minutes in a well-heated oven. Serve with potatoes and a raw vegetable salad.



RABBIT DISHES

Young Fried Rabbits

Cut into 4 pieces a wi rinsed rabbit carcass, co with flour, beaten egg a bread crumbs and fry hot oil or lard. When brow put into oven for seve minutes until done a serve with a sharp h sauce or with a cold Tar sauce.

Rabbit Ragout

Salt a cleaned rabbit, co into pieces and stew on fi together with two fine chopped onions. Whe meat has become brow add several French mush rooms or soaked dry mush rooms, seasonings (peppe allspice, bay leaf) pour ove with a glass of water or whit wine and a glass of mea broth (bouillon cube or th like) and stew until meat i tender. Then brown hal a tablespoon of flour an 1 tablespoon margarine, ad juice of half a lemon an 2 tablespoons of green chopped parsley. After re moving from fire 1—2 egg yolks can be beaten int the sauce (not necessarily) Serve with rice or potatoe and vegetables.



fed Rabbit à la çaise

a 1.5 kg rabbit, rinse ry. Add 50 dkg ground (or ground sausage), vith chopped giblets: ights, heart of a rabbit with 2 onions; add ped garlic (1—2 clo- seasoning such as ped dill, green parsley, pepper and 1 roll d in bouillon (from ntrates). Rub well and hen stuff rabbit. After g it up, place on sting pan, pour over half a liter white or vine (as one likes) or with poultry broth concentrates). Put ound: 1 sliced carrot sliced dill pickle. Co- asting pan tightly and on a slow fire in the Rabbit blood, if kept, e added toward the f roasting.

the meat from time to The duration of roa- depends on the tough- of the meat, but gene- not longer than 1.5

is more work with ffed rabbit, but it is nly excellent in taste, it is easily separated arts.



Vegetable Cutlets

Cut into fine pieces 1 kilo and a half of vegetables in season (carrot, parsley, Brussels sprouts, cauliflower etc. — they can even be frozen), pour only enough water for them to stew.

When vegetables are soft, add 3 tablespoons sour cream, half a tablespoon butter, stew until thick, mix carefully with 3 tablespoons farina so that lumps would form. Salt, mix on fire, let cool slightly, beat in one or even two eggs, form cutlets by hand dipped in flour. Coat already formed cutlets with bread crumbs and fry until brown.

4—5 dkg butter is needed to fry the portion given. Serve tomato or dill sauce to ready cutlets. Ready dish is for 4—6 persons.



Vegetable Cutlets — a different recipe

Take half a kilogram beans for one kilogram vegetables, soak, boil, add vegetables, beat in 2 eggs, form cutlets, coat with bread crumbs, fry.

The given dish should suffice for 4—6 persons.

Carrots and Kohlrabi on Toats

Half a kilogram carrots, half a kilogram kohlrabi, a tablespoon margarine or butter, 1 tablespoon flour, a tablespoon chopped dill and green parsley, salt, sugar, long white bread, a glass of milk, 1 egg, bread crumbs and fat for frying.

Rinse, scrape, and pare carrots and kohlrabi, dice, pour in a small quantity of boiling water, boil until soft, add a little sugar, sprinkle with flour and boil. Add margarine or butter. Cut a long stale white bread into pieces of finger thickness, dip in milk mixed with egg so that they become slightly soaked coat with bread crumbs and fry on hot fat until brown.

Put vegetables on a platter, sprinkle with greens, put toasts around the vegetables.

Serve as the second course or serve vegetables without the toasts with meat.



Beans with Carrots

The traditionally served potatoes to meat dishes can be replaced by another dish. This may be beans with carrots, which can also be served as an independent dish.

The dish is prepared as follows:

Boil 1 cup of beans, soaked the previous day, in slightly salted water. Boil 1/2 kg diced carrots in a small quantity of water. Add 1 tablespoon fat to the carrots. When beans and carrots are soft, mix them together, add 1/2 cup sour cream, salt and pepper to taste. Blend 1 teaspoon flour into the sour cream. Boil the dish, and sprinkle before serving with choppped green parsley or dill.



Patties from Rolls Stuffed with French Mushrooms

6 rolls, 1/2 kg French mushrooms, 1 teaspoon flour, 2 tablespoons butter, 1 tablespoon lemon juice, 1 tablespoon chopped green parsley, salt and pepper to taste.

Cut rolls into two parts. Remove the soft part. Spread with butter the "small bowls" formed and put into oven until brown.

Wash and slice the French mushrooms, put into kettle the rest of the heated butter and stew under cover. Add salt, pepper and lemon juice after 15 minutes. Sprinkle with flour, mix, add green parsley. Stew for another 10 minutes.

Put hot into also hot browned "little bowls". Serve at once after filling with mushrooms. Garnish with lettuce leaves or with green parsley sprigs.

How to feed children of school age

Practical Hints

nection between the way of feeding man and his development health energy and resistance to ailments. Modern science confirms in full this intuitionally accepted thesis. This correlation appears with particular distinctness in children and youth for the young organism — aparat from all the functions appearing in the adult human organism is burdened with an additional and at the same time principal task — growth and development. There occurs in a child's organism not only the exchange of used cells of the system for new ones but also the building up of new differentiated cells of a developing man.

Comprehensive research carried out in many countries for many years past on children of towns and countryside confirmed unquestionably that the unsatisfactory state of health the physical condition, poor results in school studies, lack of resistance to infectious diseases are closely related in a considerable part of children of school age with improper and wrong manner of nutrition. Ailments most frequently occurring in consequence of improper nutrition are: anemia caries of the teeth rickets curvature of the vertebral column lack of resistance to infectious diseases. Skin maladies weakend eysight and pathologic changes in the tongue and gums are also sometimes observed.

There is no foundation to suspect that the unsatisfactory state of health of the children or youth is caused by the lack of solicitude on the part of the parents. For what can be dearer to a mother than her own child ?

Thus the source of evil cannot be looked for in the absence of parental affection. Mostly the principal essential cause is the ignorance of the principles of sensible nutrition. Improper nutrition is not always the result of a poor material state. In order to avoid

the instructions given below. The table given bel presents the daily standard of products for child and youth of school age.

No.	Products	Daily quantity of products in grams per child		
		7-9 years	9-12 years	13-1 year
1	Milk	600	650	650
2	Cheese	30-40	30-40	60
3	Meat, fish, pork butcher products, net	100	120	120
4	Eggs	1 piece	1 piece	1 piec
5	Butter	30	30	35
6	Green and yellow vegetables	200	200	200
7	Tomatoes, berries, citrus fruit, cabbage	200	200	250
8	Other vegetables and fruit	150	200	250
9	Potatoes	350	400	450
10	Pulse	10	15	15
11	Breads	200	250	350
12	Flour and cereals	60	100	110
13	Fats (butter excluded)	20	25	30
14	Sugar and sweets	50	50	60
15	Fruit products	20	20	20

The daily standard of products presented should b treated as fundamental. To the advantage of th



by 100—200 grams per day the same vegetables. There may also be an increase ilk and cheese rations especially cottage The daily food ration composed of products ed in the table will fully meet the demand young organism for protein vitamins and components derived from such products , cheese, eggs, pork butchers products, sh, butter, vegetables and fruit and the y quantity of energy from cereal products, gar and potatoes. The work of a human n can be compared to the operation of ion machine on which all disturbances of rmal order leave a negative trace.

e children and youth should be fed regu- eals schould be served 4—5 times per day y definite hours. For children of school age e: 1. breakfast served just before leaving ol 2. meal consumed at school after 3—4 ours 3. dinner after returning home from r after lessons are ended the school canteen – best in the form of fruit or fruit juice and er served no later than 2 hours before going

es at which meals are served should al- e the same every day. Children should not ntermittently between meals. The greatest f a school child is made during the fore- urs. For this reason, breakfast and lunch y eaten at school are especially important.

st, the meal served after a long break during ht, lasting 10—12 hours, schould assure d of the right quantity of well-choses food. a matter of immense weight and frequently timated by parents. One must remember ecisely the quality of this meal rebounds on the health the child's disposition and ciency at school. Hunger caused by serving

the child does not feel physically causes a loss of strength, languor and reluctance for work.

The child going to school without a proper breakfast is apathetic during school lessons, sleepy, incapable for a mental effort of full value. Breakfast should supply the child's organism with a sufficient stock of energy. It therefore cannot be carelessly planned and consumed in a hurry.

The child should get up early enough to have at its disposal the proper amount of time for being able to eat his meal peacefully without hurry and without being rushed. Making the child unnecessarily nervous should be avoided during breakfast. Neither must one allow the child to repeat his lessons or to read a book. The daily breakfast should consist of: milk soup or other drink with milk added. For milk is an irreplaceable product in the nutrition of a child. The best additive to a milk soup are grits batter dumplings macaroni or prepared cereals (corn flakes). Mixed bakery goods are served with the soup (graham brown bread, rye bread, whole-meal bread, white wheat bread) with such additives t, lettuce, chives, cress, peppers or fruit given can raw. During the winter, fruit and vegetables can be replaced by frozen fruit and vegetables and even preserves supplemented by greens. Fruit juices ought to be served about half an hour before breakfast, for they whet the appetite. During its session in school the child schould get, after 3—4 lesson hours, the following meal which will ensure it against a drop in energy and will give him strength for the further hours of school work. Generally this is a hot meal prepared at school supplemented by milk. As a rule, a specialist takes care of this. There are, however, schools which have no conditions, which are able to serve only "a glass of milk". Every child should take advantage of this drink in school. Such a form of nutrition puts the family under obligation to supply its offspring in a properly prepared lunch taken to school. Lunch schould not only be nutritious but also diversified.

For that reason, lunch, aside of bread, should contain such additional food as fat, best in the form of butter, food containing protein of full value, vegetables or fruit. Protein is supplied by pork butchers meat, cold meat, smoked fish, eggs or cheese.

Remember that lunch has a large influnce on the child's health and disposition, hence let us not make light of this meal. Dinner for the child of school age is no less important than breakfast and lunch. A dinner preceded by a portion of vegetable or fruit juice, composed of not a very large portion of vegetable soup, meat or fish with potatoes or dumplings, boiled vegetables or a raw vegetable salad will be best. The desired end of the dinner is the dessert, best if either made of fruit or milk. The correlation of the portions of the dinner for the child and the rest of the family is of very great importance.

A hungry child returning from school, forced to wait until the dinner is served begins to appease his hunger by sweets or bread — which is not advisable. The child should get its supper four hours after dinner and 1—2 hours before goig to bed. A rather long break should not be alarming, the more so that it is desirable to serve fruit or a milk-fruit drink after two hours. The choice of dishes for supper is dependent on the composition of the remaining meals. For, the same products with the exception of milk, bread, butter and sugar, should not be repeated during the day.

Supper is the lightest meal of the day. Vegetable dishes, served with a milk drink, for instance spinach or cauliflower in béchamel sauce, yogurt or kefir, flour dishes with vegetables, eggs, cottage cheese



exemplary menu is given for a child of school
below

akfast :
ilk soup with cereal flakes, bread and butter
nd cottage cheese with chives, radishes or
uit juice

ch :
gg, carrots with peas, toasts, milk and a sandwich
ith smoked fish, tomato, milk

ner :
egetable soup
ewed beef cutlet, potatoes, beets, lettuce
mpote

:
pple or orange

per :
auliflower, kefir

egin with a careful washing of the vegetables,
we rinse, them ,best under running water.
nuch as generally most of the "treasures" in
orm of vitamins, mineral salts, protein etc. are
r the skin ,we try to pare vegetables as thinly
ossible, and if possible, boil them without
g.
paring — rinse.
best to boil young vegetables and potatoes in
n. Green vegetables are not boiled in steam.
ember that when vegetables are boiled in
r, they should be put into boiling water. There
ld not be too much water, so that there would
othing to pour off after the vegetables are
. The rest of the water — if any remains — can
sed for soup or sauce, bacause vitamins of
B are left in the water.
on a strong fire under cover, except cabbage
s, which are not covered so that their volatile

Shredded vegetables boil quickest. For instance it takes 96 minutes to boil whole beets; about 21 minutes — sliced, and shredded on a grater — about 17 minutes.

The same concerns kohlrabi, carrots etc.

It is advisable to add a bit of fat (butter, soya oil, lard) to vegetables that are of green, yellow or orange colour toward the end of their boiling because such coloured vegetables have carotene (provitamin A) which is soluble in fats, as if being conserved in them. The same concerns other vitamins soluble in fats such as vitamins D, E, K, F.

Vegetable dishes are divided into several groups as depending on the way they are prepared :

1. Vegetables boiled in water, served with butter, such as cauliflower, asparagus and also potatoes.
2. Steamed vegetables, that is boiled over steam in special kettles or simply on a sieve or collander.
3. Sprinkled vegetables, that is sprinkled with flour after being boiled, with a little fresh butter. This is one of the easily digested dishes. It therefore can be given to children prepared in this way and also persons who are on a diet.
4. Vegetables with sour cream; prepared as those previously, but sour cream is added before serving. Butter then is not necessary.
5. Vegetables with browned flour on fat — the least rational way of preparing them, the worse the darker is the browned flour and fat (burnt fat and flour). It is better to brown the flour to a light colour on oil, then thin it with milk. The vegetable then tastes better and retains its nutritive value.

The largest quantities of vitamin A are in carrots, tomatoes, lettuce, spinach, cod liver oil, milk fats, liver and egg yolk.

Vitamin B: in rice bran, grain shoots, yeast, nuts, egg, yolks and in kidneys.

Vitamin D: in yeast, mushrooms, cod liver oil, egg yolks and butter.

The average consumption of fats in Europe fluctuat within a wide range, being from 100—200 gra per day. This is absolutely too much. We can ea reduce the quantity of fat to one half, and se relevant quantities of bread, potatoes, sugar in its place. To keep well, one must also consu major quantities of vegetables and fruit, wh contain the vitamins the organism needs.

Fat people should generally eat little — say doctors. They should also reduce the quantity liquids to 1—1.5 liters per day. It is very benefi to have so called milk or fruit days once or tw a week.

Only milk or only fruit are consumed during su a day. We are giving as examples several very sim diets.

Milk diet. The person interested drinks only 6— glasses of milk per day. He takes no other food.

Fruit diet consists in eating about 1.5 kg fr (apples are best) per 24 hours and nothing else.

Vegetable-fruit diet — consists in consumi only about 1.5 kg vegetables and fruit during 4— meals per day.

Rice-apple diet — we eat rice boiled on mi 3 times a day (ca 200 grams) and about 1 kg apple If the person that is on a diet feels weak, he shoul if possible ,rest much during the diet days, eve lie down. If that does not help, the quantity of foo may be increased, for instance adding cottag cheese or lean meat. Treatment, however, shou not be interrupted. After a time the organism be comes accustomed, reacting in the desirable lo in weight.



PROGRAMME OF ADVANCEMENT IN THE FOODSTUFFS INDUSTRY

The programme aimed at the modernization of the food industry is extremely rich; numerous steps will be taken to improve the quality of foodstuffs. Scientific technical research is of a paramount importance in the implementation of this programme in all lines of the industry, including fruit and vegetable processing.
Considerable technological progress can be already observed in the enterprises engaded in fruit and vegetable processing, both in large industrial combines (there are over 50 of them, for example in Tarczyn, Tymbark, Łowicz, Nowy Sącz, Milejów and elsewhere), as well as in smaller cooperative and local industry enterprises.
This year's production capacity of the fruit and vegetable industry is estimated at 400,000 tons of fruit (the share of large industrial plants exceeding 200,000 tons) and about 300,000 tons of vegetables. Musts for wine and juice-making (160,000 tons of fruit) and condensed juices for fruit drinks (75,000 tons) are major items, accounting for 60 per cent of the total amount of raw material available. The rest is used for compotes (30,000 tons), jams, marmalades, etc.
Recently, an improved technology of fruit squeezing for must has been followed, resulting in an extra 10 litres of must from every 100 kgs of fruit.
Vertical layer squeezing machines which were formerly used for juice making have now been replaced by the latest high-efficiency squeezing machines imported from Switzerland.
Likewise, the technology of manufacturing powder from condensed fruit juice has been substantially modernized.
Due attention was given to dehydration of fruit aroma. At present aroma of low degree of concentration and a high water content is obtained in the course of production of condensed juice. Some time ago a semitechnical scale manufacture of dehydrated aroma was attempted yielding in a 10,000-fold concentration of the aroma. A single phial of the aroma will suffice for a dozen tons of products, substantially raising their quality.
Another advantage is the enormous decrease in the aroma storage area — instead of sizeable cans, small phials will be used.
In addition, fruit industry laboratories have suceeded in developing a new method of detecting and determing the level of pesticides remaining in vegetables and fruit to be squashed and preserved. The importance of this can be hardly exaggertaed, particularly in the case of baby food which must be absolutely free of any chemical agents. Should any trace of pesticides be found, the raw material tested will not be accepted for further processing.
The actual possibilities of trade-research centres often fall short of the tasks imposed on them by market requirements. Accordingly, the programme of development of scientific-research and technical establishments working for the foodstuffs industry in the years 1970 — 1975 provides for a further increase in their number, as well as for their better location which must correspond to that of food processing enterprises or raw material base. It is envisaged, i.a., that an experimental station engaged in the production techniques and technology of enzymic preparations indispensable infru it and vegetable processing, brewing, fodder and other industries, will be constructed. The station would also undertake research in the range of preserves manufacture technology and investigate the possibilities of a continued enrichment of foodstuffs quality and assortment. Apart from that, a central wine-making industry laboratory will be established in Warka and a packaging materials centre will be built in Włocławek, which will no doubt have a favourable impact on the production of our "green" industry.

Sundries

There is no Life without Water

A child is like a flower — it dies without ater," goes an old Polish saying. Water ccounts for 90 per cent of a baby's organism, hile its content in an adult's body exceeds 5 per cent (and thus muscles contain 75 er cent of water, blood — 82 per cent, rain — 76 per cent, and even our bones ot less than 46 per cent).

o wonder then that one can live without ood for about a month, but during only 7—0 days (in hot climate not longer than 2—3 ays) without water.

uman organism loses water in various ways, ischarging about 50 per cent through per-piration and evaporation, around 21 per cent hrough lungs (respiration) and the rest with xcrements, salivia, etc.

ccordingly a question arises what is an verage man's daily reguirement for water. he answer to this question is by no means asy. Usually we receive 1—1,5 litre of wa-r daily in the form of drinks and liquid food, bout 1 litre in solid foods and another 1/3 tre is supplied by our alimentary canal as result of metabolic processes. In some ases, though, this amount seems to be nsufficient and there are people whose in-ake of water may come up to 10—16 litres day when it is exceptionally hot; those who rink so much maintain that it doesn ot go eyond the actual need of their organism.

ne thing leaves no doubt: plain water will ot quench thirst if perspiration is conside-able, since we lose almost 3 g of salt with very litre of perspiration. Should an adequate mount of salt be denied to our organism e shall continue to be thirsty. Long time efore this has been observed, people knew hat salt-containing liquids such as whey, read kvass or red beet kvass, satisfy thirst nore effectively than drinks, for example, ater with an addition of juice, honey or uit drink.

Crayfish

very year Poland exports nearly 20 tons f crayfish, mostly to the Federal Republic Germany, France and Sweden. A sizeable roportion of our export crayfish is supplied the Warmia and Mazury region.

There are three kinds of crayfish living in the Polish inland waters. Red freshwater crayfish, most appreciated for economy reasons (high meat content) is usually 16 cm long (the maximum length being 25 cm). Mud crayfish, more resistant than the "red" one, provides less meat. Under the Polish regulations it is forbidden to catch red freshwater crayfish and mud crayfish if they are less then 10 cm long. "Srteaky" crayfish comes from North American and only recently has acclimatized in our waters, mostly in the basin of the lower Odra and Vistula. Its lenght ranges from 10—12 cm and it is used for processing purposes (preserves, seasonings). "Streaky" crayfish is not under protection.

A Worldwide Sensation

We may well use the above term when referring to the opinion of Scandinavian scientists who state that black currant possesses the unique properties making human organim immude to radioactivity. The sensational statement has been given publicity by our business partners from Sweden, Norway and Denmark, who purchase ever growing quantities of black currant jams as well as deep frozen black currant.

Since Polish Fruit and Vegetable Processing Enterprises face a practically unlimited demand, the plantation area of this valuable shrub has been increasing yearly.

It seems likely that the career-maker — black currant will soon outdistance other fruit, the more so that for some time now it has been sought after also by the world pharmaceutical industry.

Smoke Treatment

Whatever we might think, the treatment of patients by fumigating them with smoke obtained through burning certain plants, was not a mere superstition and had its real medicinal significance.

It has been confirmed by the present-day medical science that, for example, nettle contains antibiotics, and the smoke of burning nettle roots destroys bacilli of tuberculosis, scarlet fever and typhoid. Infisuon made from nettle herb is most effective against rheumatism and liver trouble. The plant is also said to be remarkable for its chlorophyll content, which is most important if we keep in mind that there is but a slight difference between chlorophyll and hemoglobin, i.e. erythrocytes.

We have also learned by now that nettle not inferior to iron preparations in curi anemia, hemophilia and that it is noteworth for its outstanding content of proteins a vitamins.

Garlic

Garlic been traditionally grown in vegetab gardens and continues to be regarded as a excellent seasoning, particularly in the Ea and South.

Both garlic and other members of botanic "family"; onion, leek, shallot and rocambol are featured by a strong penetrating arom (usually called the "garlic" or "onion" fla vour) which is caused by the presence of a ethereal oil in these plants. Yet in an unda maged garlic or onion cell this oil does no appear free, but in the form of odourles linkages. Therefore an undamaged head garlic or onion has no odour, and only cuttin or squashing results in the appearance the characteristic smell. Decomposition an oxidation take place under the effect a special ferment which can be killed b high temperature. That is why baked cooked garlic, leek or onion do not posses the strong flavour even when cut and the consumer does not have to be afraid spreading a "garlic" atmosphere aroun him.

Folk medicine of Europe and Asia, and a the earliest medical writings attribute divers important curing properties to garlic. A a digestion-improving vegetable, garlic (alo with onion) has been added to hard-to-diges with onion) has been added to hard-t digest, stodgy meat — sheep and pork. No should the bactericidal effect of garlic b neglected.

Garlic was utilized as a medicine already i ancient times. Egyptians served garlic t labourers building pyramids; Arabs treate ulcers and wounds with it, and peoples o the East found it could cure, among othe thins, sexual impotence. The ancients use to put a lot of faith in its healing power an believed garlic protected against disease and guaranteed longevity.

It is worthwhile to note that scientific experi ments of recent years have largely confirme a substantial value of garlic in medication.

Thus, for instance, both onion and garli counteract sclerosis distending blood vessels while slices of onion or cloves of garli chewed raw prevent the development o even kill bacteria in mouth.

f the leading onion varieties is "Wol-
ariety grown in Poland and exported
merous European and overseas con-
y the Polish Foreign Trade Enterprise
EX.

cumber is a Medicine, too

ooling properties of our common cu-
er are greatly appreciated in hot coun-
the soothing effect of cucumber slices
d to swollen joints or a black eye,
nown as early as in the ancient times.
known as early as in the ancient ti-

nber juice makes a perfectly thirst-
hing beverage. Ancient Romans drank
eful that it would cure certain ailments
are nowadays treated with various

n Lettuce be Grown on the Silver Globe

t can, and so can other plants. The
usion has been reached by American
pathology specjalists of the U.S.
ry of Agriculture, on the basis of
ments which were carried out a short
go.
plants, four samples of each variety,
put under test. Plant no. 1, a check-up
e, was let to grow in normal earth
tions. Sample no. 2 was planted in
which had been sterilized in hight
erature. The ground used was a mixtute
l samples gathered in various regions
world and proportion chosen made it
se possible to the lunar soil. Sample
was placed in sterilized, and no.4 — in
ilized lunar soil.
tional results were obtained. Certain
, first of all tobacco, was growing
and its colour was a more intensive
planted in unsterilized lunar soil. At
me time worse development of plants
in sterilized lunar soil was observed,
led specialists to a conclusion that
zation has a significant impact on
rowth of plant in the lunar soil me-

cial attention, though, was given to
when it turned out that its leaves were
ng much faster on the lunar soil than
mal conditions. The same observation
nade in the case of lettuce leaves. On
ontrary, seaweeds grew slower and
owth of pine tissues was inhibited by
contact with the lunar dust.

As can be seen from the above described experiments, the lunar dust may exert both beneficial and unfavourable influence on the growth of plants.
American scientists express an opinion that plants cannot grow in pure lunar soil as the latter is devoid of nitrogen compounds. If, however, an appropriate amount of this ingredient is added, the Silver Globe soil may become a suitable medium for growing plants.

Beer

The origins of beer-making, just as those of wine production, go back to the most remote past. We are in possession of records informing that already ancient Babylonians were familiar with the art of brewing and recipes for beer-making have come down to us from those times. Egyptians knew how to make beer of corn (barley, oats and wheat) and of bread — and don't let us forget that this was 2,000 years before our era. Also in Poland brewing boasts of age-old traditions; beer was first made by Slavs living on the River Odra and Warta.
As a matter of fact, it is to Slavs that we owe "hopping", since they began to use hops for beer making as early as in the 10th century. Gradually, brewing was becoming an ever more common trade and in the Middle Ages the industry was flourishing. and by the 16th century it was known throughout Europe.
In Poland the brewing industry developed mostly in southern regions: Kraków, Kielce, Opole and Wrocław voivodeships. Hence at present our largest brewing centres are Żywiec, Okocim and Tychy.

Edible Snails on the Eiffel Tower

Edible snails from Poland (found in the greatest abundance in the Białystok region) make an attractive item of menu in the most excusive restaurants, including the one the Eiffel Tower.

Polish Trees Grow in Sweden

According to the agreement which was concluded last yeas, in the course of the coming 3 years over one million spruce trees from forestry nurseries of the Szczecin voivodeship will grow in Sweden. Our spruce trees were first successfully acclimatized in the Scandinavian contries in 1967.
The area of nurseries growing spruce trees for export will total 150 hectares.

Smoked Meat which Does not Grow Rancid

We have already informed our Readers about the world-wide career of the Polish smoking preparation. Let us now supplement this information with a handful of details.

So far the process of smoking could have been hardly controlled at all; no one was able to say with any degree of accuracy how many compounds were found in the smoke used and what their role was in the very process of smoking.

As more and more importance was being attached to the chemistry of wood, attempts were made to use preparations obtained during wood distillation instead of traditional smoking. It should be emphasized that the manufacture of all patented smoking preparations known in the world follows the above technology.

The Polish smoking preparation is made in a different way; being obtained not from wood distillation products, but from the smoke-house smoke which has been considerably oxidized.

The Polish preparation, elaborated by Dr Zbigniew Kozłowski and Dr Kazimierz Miller, research workers at the Institute of Meat Industry in Warsaw, successfully prevents food products from growing rancid. Special tests carried out in the Danish Meat Institute proved that while salami which had undergone ordinary smoking treatment grew rancid within 1,5 — 2 months, the first symptoms of rancidity in salami to which the Polish smoking preparation had been added appeared only after 3—4 months.

Pork fat with an addition of the smoking preparation and kept in room temperature takes a year to grow rancid!

The Polish preparation features valuable bacteriostatic properties, is absolutely harmless to health, and added to mesat products gives them the taste and flavour of traditionally processed smoked meat.

50 kgs of the preparation produced by the Colophony Factory in Kozienice was a sufficient amount for "smoking" 1,200 tons of meat.

The large-scale application of the new smoking substance may increase the production output by 20—30 per cent, involving no additional investments and extra employment. Furthermore, it has been found that our smoking preparation is just as effective in the preservation of cheese and fish. Suffice it to say that it will make possible to produce smoked fish preserves right aboard the factory ship, thus sparing the time-consuming transportation of fish to ports for smoke-house treatment.

For You - a Hare and a Roe Deer, and for Me - a Sable and a Maiden

was crunching under our feet as I was walki
with my companion, a forester, along a wi
road across the wood. The road was quite emp
And then, all of a sudden...
The sound of a gunshot re-echoed throughe
the wood. A dark grey figure, which a mome
before had slipped out from the bushes onto t
road, made a violent turn and fell motionle
—We've got a wild boar, said the forester a
went on faster. As we came up, it appeared th
the boar's cub was about 50 kg in weight.
— This is the fifth I've got this winter, said
companion and added, "We must deliver it
the processing plant the first thing tomorrow
The scene described above took place last wint
You could witness a scene like this in vario
regions of Poland, especially in the north a
west, and also in the wooded upland areas whe
game live and breed in complete freedom. Hu
ting, done strictly according to the hunting la
provides the market with delicious game me
offered both raw (deep frozen) and preserved,
cans and jars.
Our hunting regulations define both the time
hunting and the allowable take of game. Owi



those few countries of the world which a position to export valuable game meat. year sizeable quantities of deer, partridges, uck, wild boars and hares are supplied to mers abroad.

and the consumption of game meat con- to be widespread, which is best proved recipes you can find in the latest cook ; a variety of dishes from partridge, wild oe deer and deer, hare, pheasant and other owl being highly recommended. It is em- ed that wild animals are a source of dark of a low fat content which is characteristic excellent flavour. The most valuable source licious meat for roast and stewed meat s is the hind part of the animal carcass. And cooked. Meat of young wild boar, after it has grown sufficiently tender, is excellent for marinated and larded toast, "wild" style roast, and many other dishes.

I asked the forester's wife to give me a recipe for wild boar fillets and I wrote it down — I hope you will try it, too.

80 dkg young wild boar joint, 8 dkg fat, salt, 3 dkg flour, 1 egg and 8 dkg bread crumbs. Fillets are made and served in the very same way as pork joint cutlets. There is no need to marinate the meat, but it should be kept for a longer time in a cool place to grow tender.

Hasn't this whetted your appetite for a game dish? If so, sontact the "ANIMEX" ForeignTrade Enterprise,Warszawa, Poland, Puławska 14, and order it; you will have a choice of fresh, deep frozen or preserved game.

As our visit in the forester's cottage was drawing to an end, an evening party by the camp fire was held. Huge pieces of wood crackled, emanating a strong, thick smell of spruce branches, and a hunters' song resounded in the forest, "For you — a hare and a roe deer, and for me — a sable and a maiden, my friend".

"Efka"



About salt,

WHE

...LCZKA

Ancient and current history





y know somebody one has to eat with that
barrel of salt — a Polish proverb says. But
arrels are equal...

ch salt does a person eat during a year? With
l diet — not less than seven kilos. Thus in
ne every one uf us consumes quite a lot of
nmes of salt.

a necessity of daily use, plays a very important
the fuction of the human organism. The body
son weighing 70 kg contains 150 g of salt. This
ntly being spent stock requires continous re-
ment.

used not only in cooling. Vast quantities of salt
nsumed by the iron and steel and chemical
ies (for the production of soap, paints, for
nning of leather ,in the production of plastics
her articles).

ure there are still many kinds of salts, but none
m are capable of replacing white salt with the
cal symbol of sodium chloride — NaCl. salt is
the few products which are found in nature also
ready form.

land salt is found at the famous Wieliczka, at
ia and at Wapno near Inowroclaw.

worth mention that already in the Middle Ages the
ies of those days envied King Casimir the Great
alt riches and the Polish King Ladislaus Jagellon
ed off Wieliczka to the German emperror and
ing of Denmark.

nch traveller in the XVII-th century wrote about
czka :

salt-mines of Wieliczka are no less remarkable
the Egyptian pyramids, but are more useful.
are a meritorious souvenir of the industry of
s, when the others are evidence of the tyranny
vanity of the Egyptians".

POST OFFICE UNDER-GROUND

In the salt mine at Wieliczka near Krakow, at a depth of 135 metres, is in operation the sole post office underground not only in Poland but also in Europe and perhaps even in the world. It handles registered letters and sells postage stamps. It most impressive da-ter bears the arms of Wieliczka and inscription "Wieliczka — Salt Mine"

Tourists visiting the mine, especially stamp collectors, willingly avail themselves of this post office's services.



e guest books of the salt-mine you will find the es of almost all the kings and emperors who ed in Europe. Wieliczka was visited by many emi- scientists and artists from Nicholas Copernicus Stanisław Staszic, the great German poet of XVIII-th ceuntry — Goethe to Ignacy Paderewski he famous French actress Sarah Bernhardt.

ast eminent guest of Wieliczka was the subsequent John XXIII-th.

st throughout the year day after day, by train, bus, nd motorcycle Polish and foreign tourists come More than 300,000 of them come here annually.

ancient Polish mine, which was formed by nature he hands of man, is truly fascinating. A maze of dors, underground lakes glittering with the sheen atina steel, admirable commemorative chapels primitive shrines carried to the hardest of ma- s — salt. Here one can also visit an underground um with its collection of ancient tools; flaxen , with which salt was hoisted to the surface; -driven whims, old miner's lamps and salt als like the most precious decorative stones. one can learn the history of fires and quakes, lls of roofs.

czka is a thousand years old, a thousand years in thick crystalline rock salt in the form of galle- nd chambers.

czka also has its day today which expresses itself annual production of 590,000 tons of salines constitute 38 per cent of our salt exports.

dition many new salt depots have been found in d. In all, the annual production of salt amounts to more than 2 million tons of which the share k-salt amounts to more-or-less 1/3.

alt mine at Wapno wins almost half of the rock- nined in Poland. The salt obtained in that mine ous for its high quality and is greatly apreciated g fishermen of Scandinavia, Great Britain and of countries, who because of its exceptional purity for the preservation and processing of sea fish.

tly in the vicinity of Wapno in borings new vast its of rock-salt have been reached. These de- overpass several times the hitherto resources. exploitation is estimated for many tens of years.

rybex

Exports:

sea fish and deep-frozen

in blocks

without heads and dressed

deep-frozen in blocks

cod and rose fish fillets

prepared according

to American and Polish standards

In addition to the above RYBEX

recommends:

— fish sausages

— dumplings stuffed with fish

— fish balls

— cabbage stuffed with fish

— herring pickled and rolled

— herring with spices and a wide assortment of

fish preserves

Foreign Trade Office RYBEX, Poland

Szczecin, Odrowąża 1

ish Dishes





Carp is a fresh water fish for which there is a steady and high demand all the year long. Among the numerous carp dishes, those of cooked carp are the most delicate and tasteful. Here are some simple recipes for a carp dish.

Carp in Egg and Lemon Sauce

1 carp of 1—1.30 kg in weight, 15 dkg butter, 4 eggs, 2—3 tablespoons lemon juice, a pinch of sugar, salt and ground pepper to taste, 1/2 kg vegetables (onions, parsley, celery, leek, carrot, allspice, laurel leaf) for vegetable stock.

Clean the fish thoroughly, removing scale and guts. Wash it once again when cleaned, then divide into fillets and remove backbone.

Each fillet is to be cut into 3—4 slightly oblique portions. Prepare stock from cleaned, pared and cut green vegetables and spices. When ready, cool the stock a little and put fish portions into it (with the skin side touching the bottom of the pan), warm until the stock boils. Cook for about 20 minutes over a low flame.

Use colander to take out cooked portions, place them evenly in the middle of a serving dish and cover with egg sauce.

Sauce :

Melt butter in a frying pan, add hard boiled eggs cut into tiny slices. Season with salt, pepper, a pinch of sugar and lemon juice. The sauce must be very hot when poured over the fish.
The dish should be served with potatoes hollowed to imitate new potatoes as well as with pieces o slices of lemon.
Garnish the dish with fresh lettuce leaves before serving.

Carp — Polish Style

1 kg carp, vegetables, spices, onions, 1/8 litre wine. Grey sauce.
As a rule milters are more tasty than spawners. The former can



easily recognized since they longer and slimmer in shape, ile spawners are more bulgy. ving carefully removed the le, rub the carp with a rought sh (e.g. of rice straw) dipped salt until the skin of the carp comes whitish; gut the fish the same way as a pike. ok in vegetable stock pre- ed beforehand in as oblong n, add wine and salt.
pare grey sauce and dilute it h the carp stock. Place the p on a dice. Prior to cooking you may the carp into pieces. Served h fried rice on a separate h.

rp "au gratin"

kg carp, a pinch of white pper, 3 dkg parmesan, 4 dkg ter. Bechamel sauce.

Cook the whole carp in salted water, remove bones, place on a dish. Cover with thick bechamel sauce with an addition of pepper. Sprinkle with grated parmesan and melted butter. Put into a preheated oven so as to give the sauce a nice brownish colour.

Pike with Vegetables

1 kg pike, carrot ,parsley, celery, kohlrabi, a piece of cabbage, 2 onions, 6 corns allspice, and 6 corns pepper, 4 dkg butter, 3 dkg flour, green parsley.
Cut vegetables into macaroni-shaped pieces, put into a saucepan and add a small amount of water. Stew under cover with spices and finely chopped onion. When vegetables are almost soft, put slices of pike, add salt and keep on cooking. Pound butter with flour in a bowl, dilute with fish stock, add a lot of chopped green parsley, combine all with vegetables and cook. When the fish is properly soft, arrange slices into a fish shape on a serving dish, put vegetables in a ring, pour butter on it and serve.

Pike with Onions

1 kg pike, 20 dkg onions, 4 dkg butter, 1/2 litre wine, pepper and allspice — 5 corns each.
Cut onions into round slices and put into a saucepan, add butter. Stew for a few minutes. Place pieces of pike on the top, pour a moderate amount of white wine, add pepper and salt. Cook under cover a low flame for 30 minutes, keep on the warm stove for another half an hour.
Place the pike on a serving dish, pour over it stock and onions, serve with potatoes on a separate dish.

spite the rapid and dynamic expansion of sea ning and the following increase in the consumption of this king of fish, both fresh and preserved, sh-water fish continues to have an important are in our fishing industry. Consequently, substantial quantities of fresh-water fish are supped to other markets by the Polish Foreign Trade terprise RYBEX.

cording to the demands and wishes of foreign stomers and also depending on the variety in estion, fresh-water fish are delivered live, deep-zen or smoked. Poland's fresh-water fish breed- is a well-developed modern industry and vers the area of about 421,600 ha of water ervoirs which allows to keep our exports at igh level.

e leading enterprises in the field of breeding sh-water fish are, i.a.:

The "Certa" Sea Fishing Work Cooperative in czecin, one of fishing leaders in the cooperative ctor. The Cooperative is engaged in fishing in Szczecin Bay and the Pomeranian Bay fishing ounds and relies on motor boats. In the catches top-grade fish prevail, such as eel, pike, perch e and bream.

large, up-to-date processing plant, based in czecin and owned by the Cooperative, is well-own for its highquality produce: preserved, rinated and smoked fish.

the sphere of export activities the enterprise has ecialized in deliveries of live eel and, as regards canned fish: smoked eel in oil, jellied eel and flounder in tomato sauce.

2. The "Psary" State Farm is a producer and exporter of the superb quality live carp. Carp is bred here under a strict scientific and medical-veterinary supervision; small wonder that the product obtained represents the highest world standard in every respect. Because of the advantageous natural conditions as well as of its longtime traditions and experience in the range of carp breeding, the "Psary" State Farm is considered to be one of Europe's major carp breeding centres.

Poland's lakes and other inland waters are a rich source of such fresh-water fish as pike, perch pike, tench, roach, carp, trout, salmon, eel and others. All the above mentioned kinds of fish are found on our export list and, owing to their outstanding quality, have conquered European markets. And thus, large amounts of eel are purchased by Holland, Denmark, Sweden, the Federal Republic of Germany and Italy, while our catches of salmon and trout, regarded as a great delicacy by gourmets are still inadequate as compared to the existing demand.

Other kinds of fresh-water fish, e.g., pike, have also found many ready customers abroad, and out export of carp is likely to grow along with the expension of carp breeding in Poland.

A great appreciation has been shown on European markets for Polish crayfish which is exported chiefly to France, Belgium, Switzerland and Sweden.

Crayfish dishes



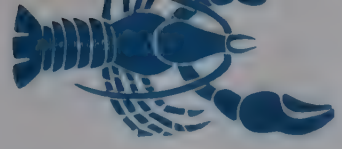


ayfish Ragout th ampignons

—30 crayfish, 1 bunch green
10 dkg champignons, 2 dkg
1/4—1/3 litre cream, 2 le-
s, salt.

ffing for crayfish shells:
t from crayfish claws, 3 dkg
er or margarine, 2 eggs,
pepper, 8 dkg bread-
nbs, 1 tablespoon chopped

k crayfish in salted water
an addition of dill. Strain
let them cool. Take cray-
necks and meat from claws,
er with several tablespoons
tock so that they do not get
chop the claw meat. Rub
ter with egg yolks, add
pped meat and dill, and
nbine with whipped egg
tes and breadcrumbs. Sea-
with salt and pepper. Fill
shells evenly with stuffing.
an champignons, wash, slice
ly and stew with a few
lespoons of water and fat.

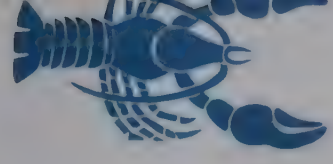


When the mushrooms are sufficiently soft, add necks and stuffed shells, cover with cream and stew for another 20 minutes. Add lemon and salt to taste. Place shells in the middle of the serving dish, put crayfish necks in a ring. Cover with sauce obtained during stewing, sprinkle with chopped green dill. The dish will be accompanied by separately served fried pearl barley.

Crayfish — French Style

Live crayfish — 30 pieces, 50 g green dill, 50 g green vegetables, 100 g onion, 50 g celery leaves, 50 g wine vinegar, 50 g butter, 25 g salt, 1 g cloves. The above is a recipe for three servings.

Wash the crayfish carefully, place in a sieve and immerse for a moment in boiling salted water. Prepare an enamel pan and slice vegetables. Put some butter on the bottom and then



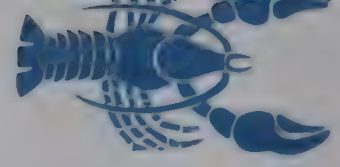
layers of vegetables, crayfish and dill. Add salted stock, cover and put over flame. Pour some vinegar when the crayfish has boiled. Serve in special dishes with vegetables and stock.

Cray fishin Cream with Toasts

30 live crayfish, 150 g green dill, 30 g salt, 500 g cream, 400 g white bread, 80 g butter.

Wash and clean crayfish carefully, place in a sieve and immerse in boiling water. Put into a pan, cover with green dill, pour cream over it and stew under cover for about a quarter of an hour, basting with a certain amount of green vetable stock.

Serve in its own sauce using appropriate dishes with toasted white bread which is to be served separately.



Crayfish and Fish Paste Cutlets

750 g fish paste, 300 g crayfish necks, 30 g green dill, 100 g fat, 35 g fresh butter, 100 g breadcrumbs.

Add finely chopped crayfish necks and green dill to fish paste. Form small cutlets, coat them in breadcrumbs and fry in hot fat. Add some butter when cutlets are almost ready. Serve with potatoes, raw vegetable salads or green lettuce leaves with cream.



oland a set of green vege
es used in broth and soup
king is commonly called
shtchyzna". Why ?

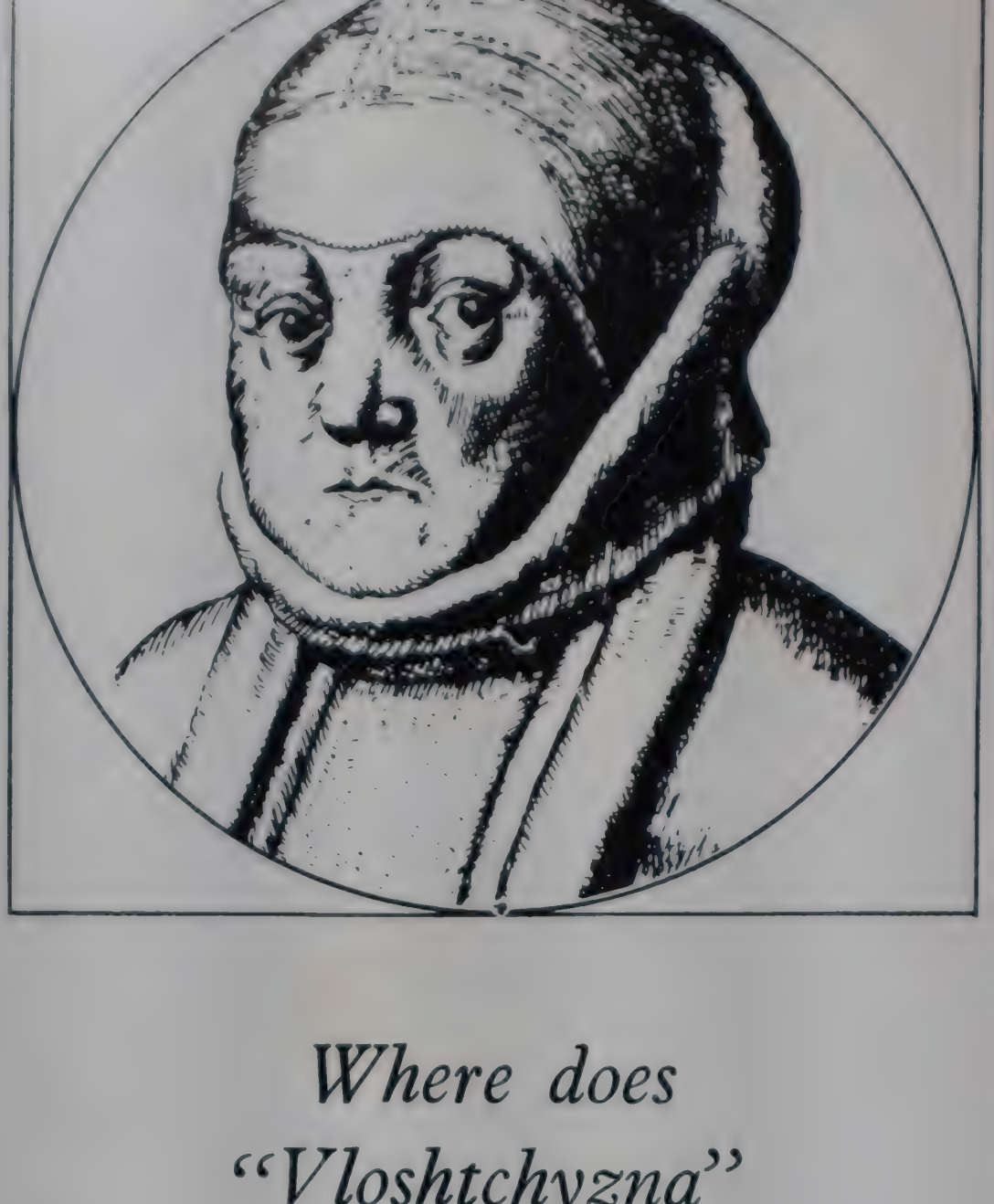
will find and answer in our
le

housewife of today would
think of making dishes and
ls without the right amount
vegetables. Vegetables are
sidered to be full-value
es in themselves by vege-
ns and people keeping to
et. We eat them because
are nutritive and tasteful,
erve them with other dishes
adding flavour to the
r and raising their value.

etables known as "vlosh-
zna" were brought to Po-
and introduced into the
sh cuisine by an Italian
cess, Bona, wife of the
h king, Sigismund I the
(1467—1548).

a Sforza d'Aragona —
hter of a Duke of Milan,
Galazzo Sforza and Isabel
agona, got married to the
h King, Sigismund the
n 1518. The marriage was
ged by Emperor Maximi-

dowry of the well-educa-
nd beautiful Italian did not
ist of vegetables alone and
by no means insignificant;
000 ducats and trousseau
d at 50,000 ducats. But
the vegetables provoked
ction; the courtiers, con-
tive, malicious and witty,
d them "vloshtchyzna"
the name, irrespective of
authors' intention, has
ved to this day. That would
nore or less, all as far as the
n of the name is concerned.
ould be added that after
arrival in Cracow — the
capital of Poland — Bona
ot spare efforts to reorga-
the court after the Italian
Her gentlemen in wait-
some of them artists, phy
ns and representatives of
professions, wore Italian
clothes and tried to po
ize the Italian way of life
homesick Queen imported
her sunny motherland ci
trees, decorative shrubs
lenty of southern flowers



Where does "Vloshtchyzna" come from?



colder climate. Many a s
and many an autumn atte
were made to acclimatize
thern plants in Poland, b
in vain.

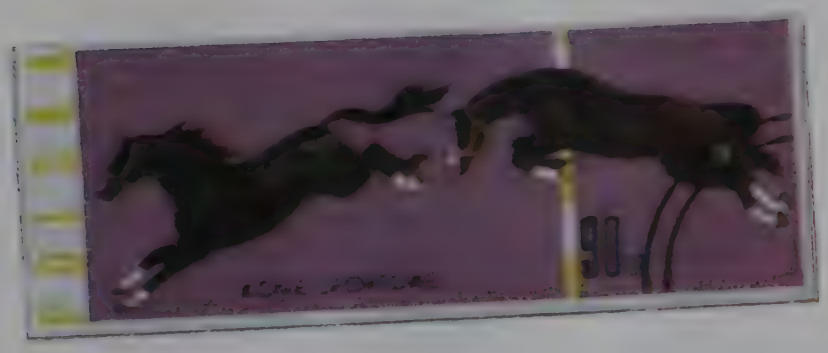
However, Italian gardners
came to Poland manage
adapt to our climatic condi
a number of vegetables w
were first grown only in
Wawel royal garden u
the personal supervision of
na herself. That was but
a success, thought, since, a
from Italian courtiers only
Poles were willing to eat
"weeds". It was by no me
a rare occurrence that du
royal feasts two kinds
dishes had to be served.
thus, some of the guests w
having wine or beer cau
or milk soup with noodl
while others relished on tom
soup, tomatoes, cauliflow
spinach, kohlrabi, haricot bea
and artichoke.

Some servants were carrying
steaming tongues and oth
meat dishes, and others — m
caroni and a wide choice
vegetables. The first to m
"approval" was macaro
which on Her Majesty's orde
was brought from Italy in lar
amounts and appeared on h
table every day.

There were many people wh
could hardly stand the ve
sight of those novelties, bu
others, such as Bishop Tomic
ki, liked them very much an
many a time asked for anothe
helping. Needless to say th
Her Majesty favoured the fo
llowers. Nevertheless, most Po
lish courtiers persisted in the
dislike of the novelties an
stuck to timetested, traditiona
dishes. And although hardl
anybody dared to make a criti
cal remark while at the table i
the presence of beautiful an
proud Queen, many spok
their mind aside, mocking
the vegetables and calling them
by a disdainful name of "vlosh
tchyzna".

The name has survived till now
although it has lost its pejora
tive meaning, while vegetab
les, which once appeared o
the royal table only, now ar
served in all Polish homes

WI Oryl





Gee up my horse









The horse, one of the most beautiful and most useful animals, is by tradition closely linked with the Polish way of life. The horse, whose praise is sung in many epic works, poems and songs, immortalized by many paintings and sculptures — has now lived to see two interesting issues by the







is true that horses are often shown on lish stamps (for example in 1958 in the ries "400 years of the Polish Post ffice", in 1965 in the beautiful series Ancient equipages", in 1966 on two amps issued on the occasion of the Postage Stamps Day: etc.), but the two ries mentioned, in virtue and substance each stamp, are dedicated to horses. e series "Polish Horses" issued in 63 — as the official folder states — nsists of 10 stamps of most varied shape d size. Namely: 3 triangular stamps, longitudinal and 4 upright rectangles. cause of this series is called" the most stless series of the Polish Post Office". e issue consists of 950,000 full series. was designed by Mr. Z. Maciąg. The ue is catalogued under the numbers: ch — 1299 — 1308, Yvert — 1312 — 21, chel — 1447 — 56, Zumstein — 1330 —

e stamps of the given values present: gr — the Arab stallion "Comet", 30 gr — rpan ponies, 40 gr Sokolski breed rse, 50 gr — Arab mares with foals, gr —Mazurian breed horses, 90 gr — ldle horses, 1.55 zł — "Witeż II" the nous Arab stallion, 2.50 zł — the head an Arab horse, 4.00 zł — half-blood rses and 6.50 — the head of an Arab rse.

well known horse breeding in state-ned studs in Poland is of a high standard and pure-bred Arabs and especially such specimens as "Comet" and "Witeż II' enjoy world fame and are the subject of the admiration of judges of horses.
These successes are the result of several century-old traditions and up-to-date methods applied in state studs. And just to celebrate the 150-th anniversary of the existance of the Arab State Stud at Janow Podlaski a beautiful series of stamps was designed in 1967. The series is made up of eight stamps on which are shown scenes of riding and two famous Arab stallions bred at Janow — "Skowronek" and "Ofir". Their progenies are winning successes at horse-shows and on racecources the world over.
This series was designed by the artist B. Kamiński. Issuse — 1.3 million full series. The stamps were printed in small sheets of 20 stamps each on coated paper. This series is catalogued as follows: R — 1592 — 99, Y — 1590 — 97, M — 1740 — 47, Z — 1627 — 34. On the stamps are shown:
10 gr — haute école, 20 gr — flat racing, 40 gr — jumping — steeplechase, 90 gr — trotters' race, 5,90 zł — polo, 6.60 — the stallion "Ofir", 7.00 zł — the stallion "Skowronek". The entire series is remarkable for its perfect elegance of design and an artistic execution of printing.
With the discussed series RUCH Import and Export Enterprise (Warszawa, Wronia 23, Poland) has published colou informative folders made from orig printing blocks. It has also put into cir lation first day of ciruclation (FDC) en lopes (Ruch catalogue numbers S-290 S-351).

The autumn season is conducive to w fulness. We know how complicated long is the road covered by a postage sta from the blue-print to the finished p duct.

The stamp is examined and assessed many persons and in its production engaged entire teams. Despite these fac from time to time in many countries appe stamps with obvious errors. From su slip-ups also the Polish Post Office is in 1961 appeared a stamp represent a mother with her child and a bottle milk) it is one of a three-stamp seri issued on the occasion of the XV- anniversary of UNICEF). The catalog numbers of this stamps are: R — 11 Y — 1137, M — 1274, Z — 1158. Let's ta a look at this stamp. It is marvelous, th contrary to the laws of physics, the mil level in the bottle is not levelly.

Well man is fallible. We forgive, and ours ves, if by accident we were to make a s in our information, we ask for leniency.

Włodzimierz Goszczyn



Agricultural food products from Poland are exported by:

AGROS

Foreign Trade Enterprise
Warszawa, Żurawia 32/34

ANIMEX

Import-Export Enterprise
Warszawa, Puławska 14

HORTEX

Foreign Trade Enterprise
Warszawa, Warecka 11a

POLCOOP

Foreign Trade Enterprise
Warszawa, Kopernika 30

ROLIMPEX

Foreign Trade Enterprise
Warszawa,
Al. Jerozolimskie 44

RYBEX

Foreign Trade Office
Szczecin, Odrowąża 1

SPOŁEM

Foreign Trade Office
Warszawa, Kopernika 17

KRAKUS—is the trade-mark of fruit and vegetable products of high nutritive and taste qualities exported from Poland.

Polish fresh fruit and fruit products ara known to the most fastidious consumers from West Europe, Scandinavia, the USA and Canada.

Exports from Poland are handled by: AGROS HORTEX and POLCOOP

FOOD

from Poland

N 4(33)

Exports of Agricultural Products and Foodstuffs



FOOD from Poland

VI Warszawa 1970 N 4(33)

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On the Hill — Michał Stachowicz — a picture from the Warsaw National Museum Collections

al Stachowicz — 1768-1825 lived all his life and painted in Kraków. Even though d not complete higher studies in painting, his talent won popularity for him and years later the most eminent painters reached out to his paintings in their search reative inspiration. At first he painted pictures on religious subjects then, engrossed y political events in Poland, he became a painter of the Kościuszko insurrection f many historical paintings. He liked to paint genre scenes of Krakow and repro- his contemporary bourgeois and peasant types. He liked to watch people in pic- subjects which was something new in those times. The picture "On the Hill" be- y to this series.

FOOD from POLAND

The tremendous development of industry, which is an expression of great progress, is at the same time the carrier of biological damage to the environment. Industrial wastes and fumes often change rivers into stinking sewages and poison the air. This state of affairs has attained such a high degree of impendency that scientists, politicians and the press have started to raise the alarm. It is difficult to imagine that even the most strong protests will be capable of halting or turning back progress in technics, despite the unfavourable to health and nature consequences of this progress. One thing is certain — man the author of this progress must defend himself against its consequences. We must defend our environment with means available. According to the opinion of scientists and biologists one can and should counteract the poisoning of the air primarily by afforestation. For it is in the verdure of trees that is the resort and source of vital values for humanity.



orbus aucuparia

of trees are the valuable proprieties of growing green mass of trees and shrubs.

For the tired by civilization working man, who spends most of his life in the poisoned air of cities and larger settlements, a sojurn among the verdure of trees is a wonderful health treatment. In such an environment man breathes pure air and the verdure of leaves regenerates his eyesight and has a sooth-

chards plays the part of a filter of air which has been polluted by civilization and provides relaxation after nervous, hard work.

Vegetation is the most beautiful embelishment of the terrestrial globe and the kings of that verdure are trees and shrubs.

The entire humanity rightly appreciates their positive qualities and wants them close by and wherever man sets up a new housing estate he quickly plants trees and shrubs, not only fruit growing ones but also decorative as long as they provide the longed for verdure. The art of afforestation consists in the harmonization of individual units of plants and small clusters of trees and shrubs which are laid out schematically so as to match the layout and style of the building entourage. This is no simple matter. To have at one's disposal vegetable ma-

EMBELISHES THE SURROUNDINGS REGENERATES THE HEALTH MAKES MORE PLEASANT REST

unus triloba

tion as to the character of the
and shrubs and a deep in-
into their living conditions and
lopment.

s and shrubs form an abundant
tal material, and present a tre-
dous variety of forms, colours,
requirements, etc.

colour of trees and shrubs is one
ne basic artistic characteristics
lants. The colour of an indivi-
ly growing plant has a dif-
nt effect than when it grows
ended by other plants. By the
ness of their form they smooth
rigidity of streets, lend variety to
monotenous streets, hide the
rtcomings and defects of a town.
y three years have passed since
and is an exporter of trees and
orative shrubs. The from year to
r increasing number of railway
k loads of these goods crossing
and's frontier is an indication of
nterest shown in Polish nursery

tion — but lively in activity — ex-port practice of ROLIMPEX Foreign Trade Enterprise, permits the as-sumption that exports of nursery materials will in time hold a worthy place among other articles which are the subject of exports.

A considerable acreage of nurseries cultivated by export nursery-gar-deners guarantees the production of trees and shrubs of a high quality.

A homely element of the Polish scenery are lindens (Tilia). Allées lined with lindens are an inherent element of gold, monumental parks. It was even a custom among the gentry to plant an oak when a son was born into the family and at the birth of a daughter a linden, as a symbol of grace, longevity and lasting qualities, was planted. Lindens with their various decora-tive qualities are the most beautiful trees for allées and lanes and their varieties provide valuable solitary tree material.

the embelishment of parks, lining of avenues in towns and first class material for allées are maple-trees (Acer) because of their various qualities such as: resistance to frosts, mechanical injuries, shaping of smooth trunks and lovely crowns, they stand up well to cutting and trimming of crowns and have any early and long lasting foliage.

They are outstaning for their pleas-ant to the eye colour of leaves both during the summer and autumn season.

The universally liked chestnut-tree (Aesculus hippocastanum) is re-markable for its many virtues, namely it forms a vast and shapely crown, it leaves of unusually beautiful design which in the autumn obtain a bright golden colour and are a true em-belishment of a garden, towards the end of May an abundance of flo-wers covers the entire tree.

The birch (Betula) differs greatly

Viburnum opulus sterile



valued in decorative gardening. Among trees with decorative flowers the most valuable and catching the eye with its wealth of flowers is the apple-tree (Pirus malus), which even towards the end of the summer and in the autumn is decorative with its thousand yellow or red apples.

Among the most beautiful and formidable deciduous trees are oaks (Quercus). Because of the decorative value of the leaves, twigs, and of the habit of the crowns these are valuable trees for allées.

It is not possible to discuss the merits of all decorative trees — fine solitary trees such as catalpas (Catalpa) the magnificent trees of Polish forests such as beech-trees (Fagus), many varieties of poplars (Populus), the so prevalent in Polish forests ash-trees (Fraxinus), or plum-trees (Prunus domestica), acacias (Robinia pseudoacacia), willows (Salix) and mountain-ashes (Sorbus aucuparia) with their red, truly decorative, fruit.

No small part in gardening is played by decorative shrubs planted singly or in hedges. Berberry shrubs (Berberis) look especially lovely in the autumn when their leaves become brightly tinged with shades of orange, flaming red and carmine; in the winter the red of young twigs of red dogwood (Cornus sanguinea) contrasts sharply with the white of snow, quinces (Cydonia), deutzias (Deutzia) and forsythias (Forsythia) bloom beautifully in the springtime and in the summer time bloom hydrangeas (Hortensia) — the most beautiful garden shrubs. In a number of nursery- gardens of the Polish Academy of Sciences scientific work is being carried on new species of shrubs and trees, on their protection from pest and diseases and their cultivation. The results of this research are next handed over to nursery farms and play no small part in the proper and fruitful work on the production of nursery materials.

At Żelazowa Wola near Warszawa has been cultivated a new, very decorative, type of berberry shrub this is a cross of a Berberis koreana ves and a simple habit. In honour of a great compatriot this shrub was named Chopin's berberry of the red-leaf form.

How much charm have clusters of multiflorous rhododendrons or rich blooming mock-oranges (Syringa), jasmin shrubs and diervillas (Weigela). And briar-roses? Their tremendous decorative value, the power of effects which may be obtained with the help of briar roses.

Production of trees and decorative shrubs takes a long time, is toilsome and calls for a big effort and know-how. But the results are also unusual.

ROLIMPEX Foreign Trade Enterprise is the exporter of many species and varieties of trees and decorative shrubs. Their quality has been very highly rated abroad where they enjoy a good name. With a number of clients ROLIMPEX has signed long-term (many years) contracts for the delivery of materials for nurseries — this permits the cultivation and preparing of goods of the very highest quality — in agreement with the client's requirements and indications.

The wholesomeness of the material is carefully examined by employees of the Plant Quarantine Service and is certified by a health certificate issued according to the phytosanitary regulations of the importing country. Before shipment the quality of the trees and shrubs is checked by inspectors of the Central Quality Office, whose attestation is binding for both parties.

In full carload shipments, the trees and shrubs are tied in bunches, labled according to the client's wishes, and the railway truck is carefully strewed with ondulated paper and peat. In parcel shipments or shipments by sea the trees and shrubs are packed in straw, reed or jute and wood wool ballots and the roots are wrapped in wet peat — according to the consignee's requirements.

ROLIMPEX Foreign Trade Enterprise, Al. Jerozolimskie 44, Warszawa, Poland, is always at the service of interested parties with detailed offers and information.





ROLIMPEX

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Cables : Rolimpex — Warszawa
Telex : 814-341 Rolx-Pl



MUSHROOMS FROM POLAND

POL





coop

titbit

r gourmets

a good business

r tradesmen

The "Polcoop" Foreign Trade Office of the Central Agricultural Union of "Samopomoc Chłopska" Cooperatives is a well-known exporter of mushrooms which are found in abundance in Polish forests. Mushrooms are an excellent addition to all kinds of meat dishes, sauces, salads and soups and have always been in great demand on world markets. Poland's export offer covers many kinds of mushrooms renowned for their outstanding taste. Mushrooms from Polish forests are available fresh, dried as well as processed: sterilized or marinated.

Fresh mushrooms found in the export list include:

— chanterelle
— firwood agaric
— Cantharellus cibarius
— Tricholoma equestre

The export season lasts from June 15th till October 31st.

Mushrooms are packed in bast baskets of net weight 1,25 kg and supplied to the market directly in special refrigerated vans.

Mushrooms in brine

Mushrooms in brine intended for further processing are preserved in brine of 15—17 per cent concentration. The following mushroom varieties in brine are offered by the Polish exporter:

TASTY MUSHROOM DISHES

Mushroom Pie

Take one kilo of mushrooms (they may be of different kinds, but edible ones only, of course) clean, wash and stew them with 20 dkg of fresh pork fat and 1 chopped onion. Add half of a stale French bread which will absorb the stock, and put all through a mincer twice. Add 3 whole eggs to the mass thus prepared and then season it with 2 tablespoons of bread crumbs, pepper, allspice, nutmeg apple, salt and 2 tablespoons of cream.
Grease a stewpan with fat, sprinkle with bread crumbs, put the pie into it and bake in the oven until it is golden in colour. Serve the pie hot with potatoes and sauce, or cold with mayonnaise or Tartar cheese.

Buckwheat Groats with Mushrooms "Au gratin"

Take 25 dkg of buckwheat groats, add water (three times the amount of groats) and cook for about 5 minutes. Cover the pan, wrap in a blanket and put under a pillow. Wash 50 dkg mushrooms, slice them and stew with 1 large chopped onion. Add mushrooms to the buckwheat groats, season with salt, pepper, mushson with salt, pepper, marjoram,place in a pan greased with fat and bake in the oven until golden in colour. Serve with sauce and raw vegetable salad.

Risotto with Mushrooms

Wash a glass of rice under running water, put into a stewpan and cover with 3 glasses of boiling water. Add salt and half a teaspoon of powdered red paprika. After 5 minutes cooking, cover the stewpan, wrap in a blanket and finish cooking under a pillow or in an after-cooker. Clean 70 dkg Saffron milk cups, wash them and cut into stripes add to chopped browned onion, pour 3 tablespoons of cream, salt to taste and stew. Mix with rice, put into a stewpan greased with fat and bake in the oven. Sprinkle with greated hard cheese and serve.

Mushroom Cutlets

Take 70 dkg mushrooms, clean, wash, slice and stew with fat until the stock evaporates. Soak 2 stale rolls in half a glass of milk, squeeze and chop or mince together with mushrooms and raw onion. Season with salt and pepper, add 2,5 tablespoons of semolina, 1,5 tablespoon of potato flour, as well as 3 tablespoons of chopped parsley sprigs and 2 eggs. Mix the mass thoroughly, form cutlets, roll them in breadcrumbs and fry in soya oil or some other fat. Serve with sauce and potatoes as well as with raw vegetable salads.



— chanterelle — Cantharellus cibarius
— edible Boletus — Boletus edulis
— brown-yellow Boletus — Suillus luteus
— firwood agaric — Tricholoma equestre
— bay Boletus — Xerocomus badius
— honey-coloured agaric — Armillariella mellea
— saffron milk cap — Lactarius deliciosus

The packaging for mushrooms in brine consists of spruce barrels holding 100 or 115 litres. The season of deliveries covers the period from September till February.

Marinated mushrooms

Mushrooms marinated for export according to special traditional recipes, retain their full original taste and aroma. The marinade is made up of the acetic acid, sugar, salt and condiments. Marinated mushrooms make a perfect addition to all meat dishes : salads, snacks and piquant sauces.
The export offer embraces the below listed mushrooms

— edible Boletus — Boletus edulis
— brown-yellow Boletus — Suillus luteus
— firwood agaric — Tricholoma equestre
— saffron milk cap — Lactarius deliciosus
— chanterelle — Cantharellus cibarius
— bay Boletus — Xerocomus badius

Marinated mushrooms are sold in jars of 0,20 or 0,34 litre. The export season lasts from September till May.

Sterilized (appertized) mushrooms

In principle, fresh mushrooms are appertized (if salted mushrooms are used, a customer is informed about it by the label). As a rule sterilized mushrooms are free of organic impurities (with an allowance for the content of sand which may come up to 0,1 per cent).
Appertization does not affect the taste, aroma and appearance characteristic for the particular variety of mushrooms, rendering it perfectly suitable for culinary purposes, i.e. making tasty dishes of every description Amateurs of mushroom dishes are recommended a wide choice of varieties :

— chanterelle
— Cantharellus cibarius (in three quality classes)
— aromatic mushrooms
— at least two of the following
— brown-yellow Boletus
— Suillus luteus
— elegant Boletus
— Suillus grevillei

oes Stuffed with rooms

1 kg of large pota- of equal size if pos- peel them and hollow, with boiling water ook for about 10 mi- Cook the removed s until soft and strain gh a sieve. Clean, and cook 20 dkg of ooms saving the stock uce. Chop the mush- and stew with 2 chopped onions. Then strained potatoes, 2 poons of chopped y sprigs, salt and pep- taste, Combine the with an egg and stuff es. Place stuffed po- in a stewpan, pour them the mushroom add a tablespoon of d stew. Prepare roux a tablespoon of fat a table-spoon of dilute it with the sauce ed during the stewing atoes. Add half a glass eam, season with salt epper and pour the over the potatoes. for a while and serve.

Mushrooms — Lithuanian Style

Clean, wash and cook 50 dkg of mushrooms. Chop a large onion and fry in fat. Add finely chopped or minced and welldrained mushrooms, about 3 tablespoons of semolina, 2 hard-boiled chopped eggs, 1 raw egg, salt and pepper. Combine and mix thoroughly all the ingredients and make oval-shaped cutlets. Roll them in breadcrumbs and fry in preheated oil or some other fat. Serve with potatoes and raw vegetable salads.

Mushrooms — Toasts with Champignons and Eggs

Brown toasts in a toaster. Peel and wash 20 dkg. (7 ozs) of champignons and slice them finely. Place them in a stewpan, adding peeled and chopped onion. Pour 2 tablespoons of water and stew champignons until they are soft. Combine a a teaspoon of flour with water and add to the mushrooms; boil them and mix withwith 3 tablespoons ofcr Season with salt and pepper to taste. The mass should be thick. Fry 4 eggs. Arrange toasts on a dish, cover them with a thick layer of champignons and place eggs on the top. Sprinkle with salt and pepper Decorate with green parsley sprigs.

Potatoes with Herring and Mushrooms "Au Gratin"

1 kg potatoes, 4 salted herrings, 2 tablespoons fat, 4 dkg dried mushrooms, 1/2 glss cream, 1 medium-size onion and pepper to taste.

Boil potatoes in their jackets, peel them and slice. Fry finely chopped onion until golden in colour and add to thoroughly soaked, skinned and cut into stripes herring fillets.

Wash mushrooms, cook in a small amount of water, drain and cut into stripes. Grease with fat an enamel or Jena glass stewpan, place in it layers of potatoes, herring mushrooms and onion, alternately. Pour cream with mushroom stock over the dish and bake it in the oven. Serve hot with tomato salad in the same stewpan.

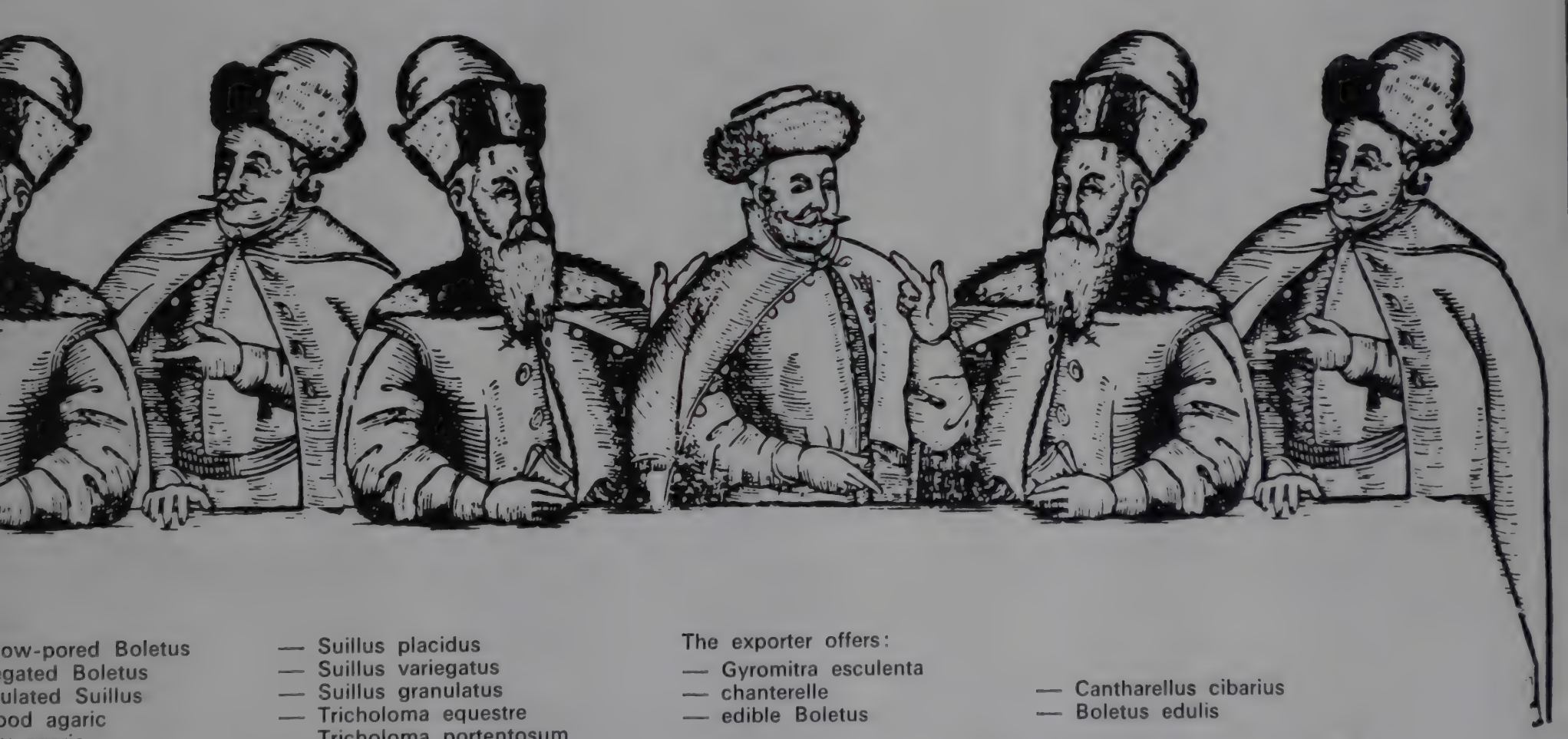
Mushroom Pies—Kaiser Rolls Stuffed with Champignons

6 Kaiser rolls, 1/2 kg champignons, 1 teaspoon flour, 2 tablespoons butter, 1 tablespoon lemon juice, 1 tablespoon chopped green parsley sprigs, salt and pepper to taste.

Cut Kaiser rolls or ordinary round rolls into halves. Remove the soft centres Spreas butter on the inside of the remaining "cups" and put into the oven so that they brown.

Wash and slice champignons, put them into a pan and stew in preheated butter. After 15 minutes add salt, pepper and lemon juice. Dredge with flour and mix; add green parsley sprigs. Then stew for another 10 minutes.

Stuff hot browned "cups" with hot mushrooms and serve immediately, garnished with lettuce leaves or green parsley.



ow-pored Boletus — Suillus placidus
gated Boletus — Suillus variegatus
ulated Suillus — Suillus granulatus
ood agaric — Tricholoma equestre
y agaric — Tricholoma portentosum
-yellowish Russula — Russula cyanoxantha
nish Russula — Russula virescena
en Russula — Russula vesca
Boletus — Xerocomus badius
len Boletus — Xerocomus chryzenteron
ocomus subtomentosus
crolepiota procera
crolepiota rhacodes
ey-coloured agaric — Armillariella mellea
ggy Boletus — Leccinum scarbum
ge-cap Boletus — Leccinum auranticum

case of appertized mushrooms cans of 0,45 l or 1 l ed as packaging. The season of export deliveries lasts October to March .

mushrooms Drying does not impair the taste and aroma of oms. Top-grade dried mushroom from Poland are sold in three ents: whole, caps only or cut.

The exporter offers:

— Gyromitra esculenta
— chanterelle — Cantharellus cibarius
— edible Boletus — Boletus edulis

Dried mushrooms are packed in three-layer paper bags with paraffined inserts holding 15 or 20 kg of gross/net weight. Deliveries for export are carried out from September till December.

The above listed mushrooms are exported by POLCOOP. While being a real titbit for gourmets, mushrooms mean also a profitable business transaction for tradesmen.

Inguires should be addressed to:

POLCOOP — Foreign Trade Office of the
Central Agricultural
"Peasants Self-Aid" Cooperatives.
Warszawa, Kopernika 30, Poland
Telex: Polcoop Wa 81-4451
Phone: 26-10-81/9 26-40-60
Cable: Polcoop Warszawa

"Samopomoc Chłopska" Co
ratives, the renowned exporter
agricultural products and food-
fs, exports, among other artic-
fruit and vegetable products and
i-products. The articles within
assortment are many. A cha-
eristic feature, and an important
, is the fact that all the food and
etable products and semi-pro-
ts are made from fruit and vege-
es grown under natural condi-
s of agricultural and forest pro-
tion. Thus the vegetable raw
erial is not saturated with che-
als and grew on an undersoil rich
atural mineral components and
ned in the sun.

ripe fruit and vegetables are de-
red to production plants imme-
ely after picking. Before being
sed for production they are care-
sorted, cleaned and washed.
s initial process ensures that only
and valuable raw material goes
further production. The further
duction process, which is based
the application of up-to-date
nnological methods, permits the
servation in the ready products
he full taste, nutritive and aro-
ic values. It is also noteworthy
the co-operative processing
nts, which are located in various
ons of the country, manufacture
r products on the basis of the
recipes of traditional Polish
es. This fact is, among other
gs, an important factor in the
viding of the unforgetable fla-
r of Polish fruit and vegetable
serves.

season POLCOOP offers,
ng other articles: fruit compo-
canned vegetable preserves,
pulps, pasteurized fruit and
en fruit and vegetables.

The assortment of compotes exported by POLCOOP is very varied and includes compotes made of: strawberries, blueberries, gooseberries, pears, cherries, greengages, plums, sour cherries, blackberries, raspberries and black currents. The sole preserving agent is sugar in the best dose for the quality of the preserve.

The packing of compotes is convenient for everybody — a family of two may buy these articles in a proper for it portion — in 0.45 l jars and housewives with a large family will be pleased with larger packings — 0.9 l jars or 1.0 l or larger cans.

POLCOOP's compotes are sold under lables with the KRAKUS trade mark or in POLCOOP's own packings with the brand POLCOOP.

Fruit compotes made by cooperatives and offered by POLCOOP will ensure a tasty, healthy, nutritive and attractive dessert.



POLCOOP offers: pickled dill cucumbers, pasteurized cucumbers in brine, baby beetroots in vinegar, onions in brine, preserved asparagus, canned vegetable salads.

Of this rich assortment of preserved vegetables first place is held by pickled dill cucumbers, which are renowned for their tastiness, in almost all countries of Europe and in the United States and Canada. Polish farmers for scores of years now specialize in growing cucumbers. The traditions of many years standing in cultivation of this vegetable have brought about that preserves made of Polish cucumbers are unrivalled in tastiness — the cucumbers retain the required crispness and compactness, they are winy and aromatic. Therefore pickled dill cucumbers have a place on every table. They are both an excellent, stimulating the appetite vegetable, garnishing at meals and a delicious, attractive appetizer at elegant receptions. Because of the application of a different technology for the preservation of cucumbers than used by other makers (sodium benzoate), Polish cucumbers are highly competitive.

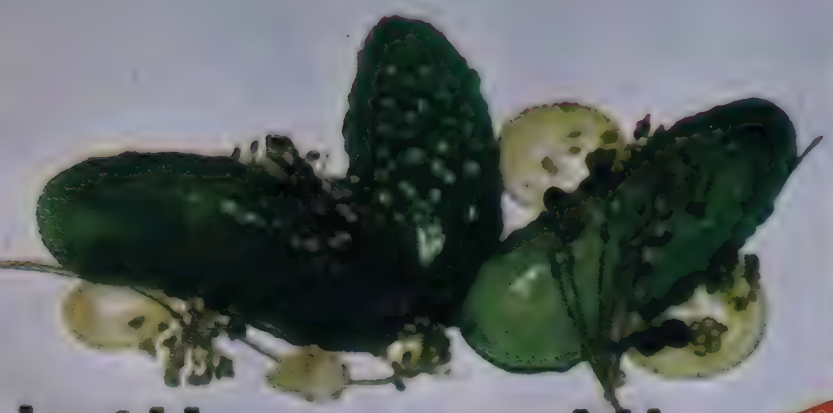
On the other hand, pasteurized cucumbers in brine exported by POLCOOP are primarily recommended for persons who prefere pickled cucumbers (prepared by natural fermentation of lactic acid). This article will satisfy all the requirements of buyers.

Baby beetroot in vinegar — young beetroot of 2.5 cm diameter are prepared according to an original Polish recipe which helps to retain the fresh colour of beetroot, preserves the mineral salts content and has an influence upon the durability

Fruit and vegetable products exported by POLCOOP

POLCOOP POLCOOP POLCOOP





Fresas

Mor

ORTADO POR:
COOP VARSOVIA

ADO POR
P VARSOVIA

POLCOOP POLCOOP POLCOOP

Peso Escurrido 480 grs.
Peso Neto 850 grs.
Fecha Fabricación 1968

PEPINILLOS. ACIDO. LACTICO. VINAGRE. AZUCAR. SAL. HINOJO. RABANO Y ESPECIAS

inillos en Vin

PRODUCTO D

eso Escurrido 480
eso Neto
cha Fab

POLCOOP POLCOOP

O POR:
ARSOVIA



POLCOOP POLCOOP

EXPORTEUR:
POLCOOP – WARSZAWA

NETTOGEWICHT: 800 g

of home-made pickles. Thus
e baby beetroots are a delicious
ishing with meat dishes.

ns in brine of 2.5 cm diame-
— same as pickled dill cucum-
and baby beetroots — are a
ious vegetable garnishing with
eat preserves. Silver baby on-
of 0.5 cm diameter, on the
r hand, are specially grown for
at cocktails parties.

ed vegetable salads — these
ant, aromatic and helpful to
stion salads are made in three
s. They are a tasty vegetable
ishing with all meat and fish
es. They may be also served as
parate dish.

erved asparagus — of delicate
give wide culinary possibili-
Asparagus soup can be made
them, they may be served as
ot dish or cold as an hors-
uvre.

etable preserves are sold in
l or 0.9 l jars under POLCOOP
d labels.

UIT PULP AND PASTEU-ED FRUIT

COOP specializes also in deli-
s of fruit pulps and pasteurized
The assortment is varied. The
wing pulps are exported: straw-
, raspberry, sour cherry, blue-
, black current and red current.

eurized fruit: strawberries, rasp-
es, black currents, blackberries,
seberries, blackberries, plums.

the finest, ripe clean fruit is
for production of these artic-
In the preservation with sul-
ous acid a specially elabo-
technology permits the re-
on of the maximum value of the

of high quality jams.
During pasteurization the fruit is heated up to 80°C and then is flooded with a special solution with a minimum sugar content. This content is necessary only for the prevention of a sugar diffusion from the fruit to the solution. Next the fruit is subjected to very rapid pasteurization, which protects the fruit's vitamin content and the organic compounds from disintegration and safeguards the fruit's natural aroma and flavour. Poland's industry does not use here any other preservative agents. Thanks to this method the pasteurized fruit does not loose its qualities even after several months and its taste is almost exactly the same as that of fresh fruit.



pasteurized fruit, on the other hand, are packed in tins of 3 or 5 l capacity.

FROZEN FRUIT AND VEGETABLES

POLCOOP exports:
— frozen strawberries, raspberries, sour cherries, black and red currents and frozen vegetables. As in the case of fruit and vegetable processing, due to a proper technological process and the application of up-to-date technological methods, fruit and vegetables frozen in Polish refrigerating plants preserve full nutritive values and the aroma, taste and colour of fresh fruit and vegetables. It may be, therefore, well claimed that **Polish frozen fruit and vegetables are a standard value source of vitamins, and thus also of health especially during winter.**

Frozen fruits and vegetables offered by POLCOOP are fit for immediate consumption as well as for the requirement of the food industry, for example for the production of compotes, jellies, candied fruit, jams, vegetable salads, etc.

This short review of some of the fruit and vegetable products obviously does not cover the entire list of goods exported by POLCOOP. Any enquiries and offers should be addressed to:

POLCOOP — Foreign Trade Enterprise of the Central Agricultural Union of "Samopomoc Chłopska" Co-operatives, Warszawa,
Kopernika 30. Poland.
Phone: 26-10-81/4, 27-03-88, 27-18-13
Telex: Polcoop Wa — 814451.
Cables: Polcoop Warszawa.

The career of deep frozen products

application of low temperatures for reservation of foodstuffs makes pos- the best preservation of the organo- and physico-chemical properties ep frozen articles of food.

rding to the prevailing opinion freez- n a low temperature to a minimum ee deprives the properties of the product and its nutritive values in almost unchanged. Production of chilled products embraces fruit, tables, poultry, fish and many other les of food. Despite the fact that fruit vegetables are of secondary impor- e in comparison to the remainig s, in exports of which Poland holds place in the world. In Poland exports eep frozen fruit and vegetables are lled by three foreign trade enterprises.

OLCOOP Foreign Trade Enterprise of Central Agricultural Union of "Samo- oc Chłopska" Co-operatives

2. HORTEX Company for Foreign Trade of the Union of Horticultural Co-operatives.

3. AGROS Foreign Trade National Enterprise, Exporters-Importers. AGROS started exports of frozen articles of food as late as in 1968 and in that year exported 630 tons of them, but in 1969 this amount was tripled. The largest exporter of chilled food articles is HORTEX. Its annual exports of deep frozen fruit and vegetables amount to about 20,000 tons. However, only the year 1969 showed a drop in the size of exports to 15,000 tons. This was the result of a great drought which reigned throughout Poland that year and which hit especially hard the strawberry crop. For this reason HORTEX as well as the remaining exporters were unable to execute all orders on hand for deep frozen fruit and vegetables.

Deep frozen fruit and vegetables already play an important part in the rational nourishment of the population. A proof this is the ever growing demand for thes preserves. An increase in the demand taking place throughout the world but th largest growth in the demand for prese ved articles of food is noted amongst co sumers in highly developed countries. This fact, among other thinds, influenc the development of the deep freezing i dustry of which the food industry tak advantage to a great degree.
The development of the production chilled articles of food is conditioned two factors: the raw material basis a the standard of the deep freezing indust As far as the raw material basis is conce ned, it is known that Poland has at disposal an agriculture traditionally mous for its excellence and the markably favourable climatic and soil co ditions determine the high quality of agricultural production.
And it is the quality of the raw mater that decides about the virtues of the froz

The career of deep frozen products







uct. Poland, which is a renowned since y years exporter of agricultural pro-s, with the development of its industry modernizes its traditional exports of stuffs. Poland's deep freezing in-ry in this respect has kept pace with most industrially developed countries ding the United States which are native land of this branch of industry.

HORT HISTORICAL REVIEW

first production appeared towards the of the fifties and the initial base were stores with surplus capacities in meat zing chambers. The successes won by nd's industry in the field of exports of frozen fruit and vegetables caused id development and modernisation of echnical base. Cold stores were fitted with modernly arranged raw material l processing departments ensuring k and hygienic processing of the raw rials before their deep freezing. Polish neers designed an own type of band-fluidization tunnel specially adapted for the freezing of strawberries and suitable for freezing of all kinds of fruit and vegetables.

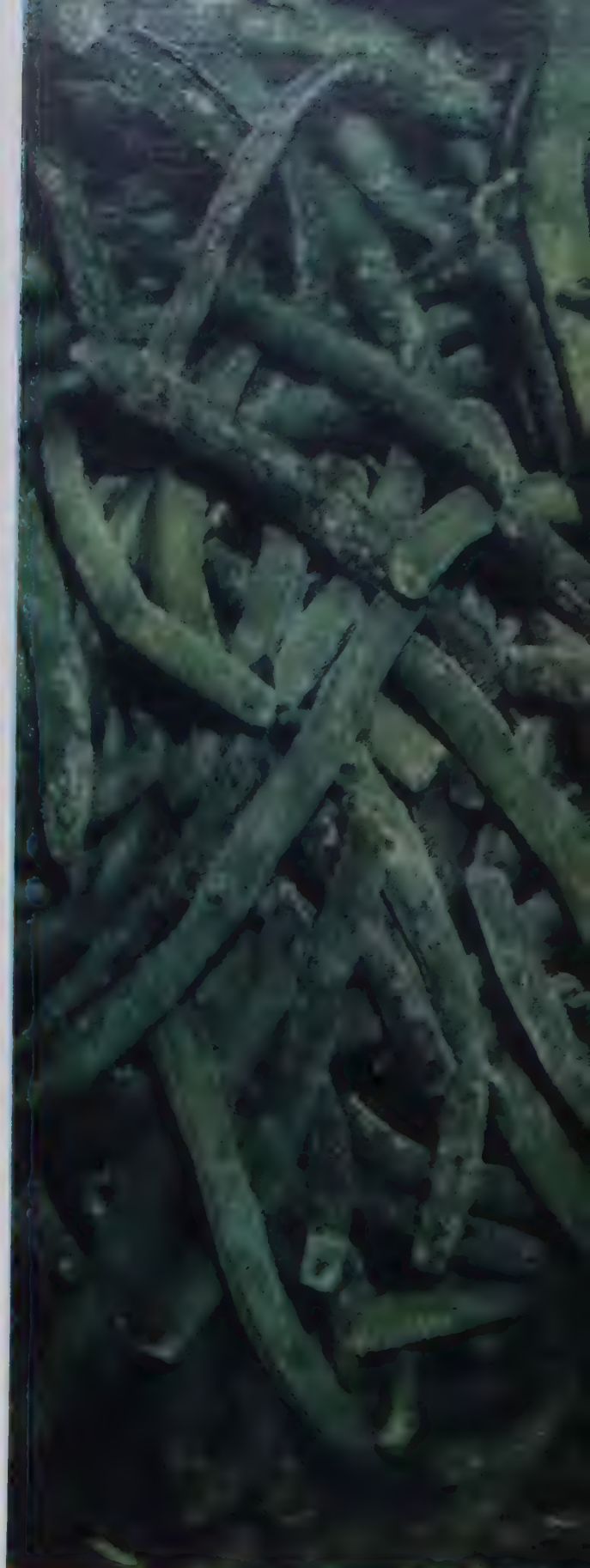
The production of deep frozen fruit and vegetables was initiated by the state fruit-and-vegetable industry by the building next to its production plants of up-to-date freezing departments. Next production was undertaken by other organizations — primarily those which are engaged in the purchase of garden products and in horticultural production and in exports, i.e. horticultural co-operatives and agricultural co-operatives.

Thus within 10 years throughout the country were set up more than a dozen standard and specialized deep freezing plants localized directly at centres of regions where the raw materials are cultivated. This ensures a quick and efficient processing of the raw materials immediately after harvesting which guarantees a high quality of the ready product. All the factories manufacturing deep frozen products have at their disposal a staff of expert agrotechnicians who supervise the proper running of plantations, the proper selection of varieties and efficient harvesting and the transportation of the raw materials to the processing plant. Contracts between farmers and the Government for the supply of agricultural products ensure for the planters high quality seedlings. An important factor is the attention paid by the agrotechnical service of the processing plants to the proper application by planters of plant protection agents which protects the deep frozen articles against residues of harmful to the health pesticides.

The high quality of Polish deep frozen articles of food has roused the interest of many buyers abroad. The main consignees of deep frozen products are : the German Federal Republic, Sweden, Canada, Great Britain, Switzerland, Denmark, Norway, the Netherlands and Belgium. According to









data for 1966 Poland holds fifth place in Europe, next to Great Britain, Sweden, the German Federal Republic, and the Netherlands, as a manufacturer of deep frozen fruit and vegetables.

The high place among producers of deep frozen articles held differs, however, Poland from West European countries by the structure of the production of deep frozen articles of food. This is the result of the priority given in Poland to the strawberry and other berry fruits. The deep freezing departments are organized at processing plants of the fruit-and-vegetables. Thereby there will occure a change in the production structure of deep frozen articles, namely the share of deep frozen vegetables will increase. It is worth noting here that when comparing the sizes of production of only deep frozen fruit in various European countries we will see that in this line Poland is placed first.

May we add that in Poland a staff of scientists grouped in the Central Laboratory of Refrigeration Engineering in Łódź and in the Institute of Fermentation Industry in Warszawa are working on the constant improvement of the technology of deep freezing.

Everything indicates that the career of deep frozen fruit and vegetables is far from its end. To the contrary — in the future the demand for deep frozen fruit and vegetables will increase. A general turning away from chemical preserving agents creates very favourable conditions for the development of the production of these articles and of their turnovers. The demand for deep frozen fruit for the processing industry will grow primarily. As far as deep frozen fruit and vegetables for direct consumption are concerned, though one has to predict better chances for the growth of demand for deep frozen vegetables, the consumption of deep frozen fruit will constantly increase. In the main the career of deep frozen articles of food will become in the future even more brilliant.

holds. Owing to the new technology
zing for instance: green peas, spinach,
beans, goseberries or strawberries,
recently outstanding seasonal, are at
t available throughout the year.
are several remarks on the preparation
zen products:
e as little water as possible, it leaches
sh: there should be only enough water
t the vegetable would not burn,
ater from which the boiled vegetable
een strained should be used for soup
ce,
il under cover,
member that frozen products need 1/3
time less to boil than do fresh vege-
and fruit — do not let them be boiled
ulp,
t the vegetables in a frozen state into
water; if they must be diced pre-
y, defrost them partly only;
there are no conditions for keeping the
ct in a frozen state, it should be boiled
liately after being purchased.
frozen products are handled properly,
f the contents of mineral components
tamins in the raw vegetables and fruit
e retained. By disregarding these prin-
the product will be derived of its full

EN PEAS

peas is a very nutritious product. Its
value is not much lower than that of
ns or fish, for instance.

EN GREEN PEAS WITH ROTS

pared as follows: take 500 grams of
green peas, 500 grams of carrots,
rams of butter or margarine, 30 grams
1 tablespoon sugar, salt and pepper.
peas on butter, adding small quantities
er. Dice carrot and sauté on fat, adding
sugar. Prepare browned flower and
d peas to carrot — season. Serve with
es as a dietetic dish or it can be served
meat.

EN PEAS WITH RICE is prepared as
s:
350 grams frozen green peas, 80 grams
teaspoons sugar, 120 grams rice,
rams frozen mushrooms, salt, green
y.
green peas on fat with a little water.
rice, cover with water and boil until
grains are formed. Cut frozen chan-
s and sauté on fat with green parsley.
chanterelles with rice and serve se-
ly with green peas on a plate.

EN PEAS WITH HAM OR SMOKED ON is prepared as follows: Take 500
green peas, 100 grams boiled ham or
d bacon, 250 grams bones, 40 grams
grams flour, 1 onion, 1 parsley root
lt.

Several recipes for dishes

parsley. When peas are soft, add onion and parsley.
Serve with potatoes.

FROZEN SPINACH

Frozen spinach is one of the most popular frozen products. It takes second place next to green peas in the world's production of frozen vegetables. Spinach contains considerable quantities of iron, calcium, potassium (most of all the fruit and vegetables), large quantities of vitamins A and C.
Remove frozen spinach from its package onto a plate before using, for partly defrosting. When it softens a little cut it into pieces. The spinach can be put into a kettle on hot fat after an hour.

SAUTÉ SPINACH can be served as follows:
take 500 grams frozen spinach, 40 grams flour, 40 grams butter, 30 grams onion, pepper, salt, clove of garlic, 2 egg yolks or 100 grams sweet cream.
Brown onion on fat, put it in the partly defrosted spinach, stew, sprinkle with ground pepper, salt. Finely grated garlic can also be added.
Before serving blend in the two yolks, beaten with sour cream or milk.
Spinach with egg is prepared taking 500 grams frozen spinach, 70 grams fat, 4 eggs, salt, pepper, a little nutmeg.
Sauté spinach for 15 minutes in 40 grams fat after defrosting. Add salt, pepper, and a little ground nutmeg. Put spinach into a buttered electric pan or on a buttered refractory platter. Beat in 4 eggs, one next to the other, salt. Bake until the white of the egg sets. Serve on a platter with potatoes.

FROZEN STRAWBERRIES

Polish industry delivers at present to foreign markets an entire assortment of fruit in a frozen state. There are many strawberries, plums, currants, Morello cherries and blackberries.
The following varieties of strawberries are being frozen: dark-red varieties — "Murzynka" (large fruit), "Afryka" and "Purpuratka" (round fruit of medium size); red — "Solwedel", "Zwycięzca" and light red "Madame Mouter" (large fruit of irregular shape.
The following dishes can be made precisely from these strawberries:

STRAWBERRY CRÈME

150 grams milk, 100 fresh or frozen strawberries
2 tablespoons strawberry ice cream
Crush strawberries, add ice cream and mix, add milk, whip well, put into glasses and put into refrigerator for a few minutes. Put several strawberries on the crème before serving.

STRAWBERRY DRINK

150 grams milk, 100 grams fresh or frozen strawberries, several ice cubes
Crush strawberries well, mix with milk and add ice cubes, pour into glasses and put into regrigerator. Cream may also be added.

STRAWBERRY DUMPLINGS

The following components are needed: potatoes — 1125 grams, white flour — 300 grams, potato flour — 25 grams and 2 eggs. Frozen strawberries — 300 grams, bread crumbs — 10 grams, melted butter — 80 grams, sugar — 40 grams.
Recipe sufficient for four persons.
Prepare potato dough as follows:
boil potatoes, cool, force through grinder, add white and potato flour, eggs, make dough
Rinse strawberries, defrost. Sprinkle with bread crumbs when drained. Make dumplings round, boil in salted water. Serve hot sprinkled with melted butter and sugar.
The dumplings can also be served covered with sugar and cream.

CRS
POLCOOP

POLCOOP Foreign Trade Enterprise recommends: Consumption seeds, Forest crops, Meat products, Preserved fruit and vegetables, Potatoes Peat, Fodder and Canaries Snails, Frogs
Detailed information available on request from POLCOOP, Warszawa, Poland, Kopernika 30

HORTEX



Six times HORTEX

and how

HORTEX exports fresh fruit to Sweden, Finland, the Soviet Union, the German Federal Republic, Czechoslovakia and other countries.

seas ones buy Polish onions

Deep frozen fruit — especially straw berries are frequently to be found on th tables of Britishers, Dutchmen, Swede as well as on tables in the United State Canada and the German Federal Re public.

Honey — natural with a delicate flavou and a magnificient aroma is known no only to consignees but also to consume almost throughout the world — in Au stria, Belgium, Finland, Canada, Iraq Syria, the German Federal Republic

HORTEX — is a Polish foreign trade enterprise which represents abroad the interests of more than 170,000 Polish gardeners associated within the Gardeners' Co-operatives Centre.

HORTEX — exports the said articles not only to European countries but also to other continents including countries of Asia, Africa and the two Americas.

HORTEX — has at the disposal of clients abroad, among other things, fresh or deep frozen fruit and vegetables, honey, dehydrated fruit and many other similar articles.

HORTEX — also exports the products of 170 vegetable and fruit processing factories.

and vegetable preserves
ng jams and jellies, also pickled
bers, etc. are known even in the
away corners of the world.
drated fruit and vegetables,
e exporter of which is HORTEX, also
an excellent reputation on many
s of the world. Here dehydrated
, which hold first place in this line
ort, deserve special mention.
h flowers, mainly roses and car-
s decorate flats in many cities of
s countries. You will find them, for

prepared for export production.
Here is an item of news for our guests from abroad. Flowers ordered in Warszawa are delivered to the addresses in any country throught the world. This is possible as HORTEX is member of the international florist's organization Interflora, an organization which delivers flowers to any person at the most appropriate time and in a pleasant, and understandable to any person, form.
Our information would not be complete if we did not say that HORTEX has many

houses the fruit and vegetables are sorted and appropriately packed for a longer or shorter journey. During the preparations the goods earmarked for export are comprehensively examined in appropriate laboratories by specialists and by representatives of the Quality Control Office. Lastly one must also mention that HORTEX participates in many fairs and exhibitions abroad and at home.

The exact address is:
HORTEX — Warszawa, Warecka 11a, Poland







The Zakroczym onion basin

Zakroczym is commonly referred to as Poland's onion growing basin. Onion has been cultivated here for many decades ; old people say that it was first grown in the town in the second half of the 18th century by Russian soldiers stationed in the nearby Modlin fortress. The story says that the tsarist soldiers who brought onion from Russia used to grow it in the vicinity of Gałach, presently one of the streets in the town.

Originally the people of Modlin and neighbourhood approached the new vegetable with distrust, but in the course of time they got to appreciate its taste and nutritive value. For many years the new culture did not go beyond the kitchen garden, but the spreading fame of and demand for the wholesome vegetable encouraged farmers to increase the production of onion.

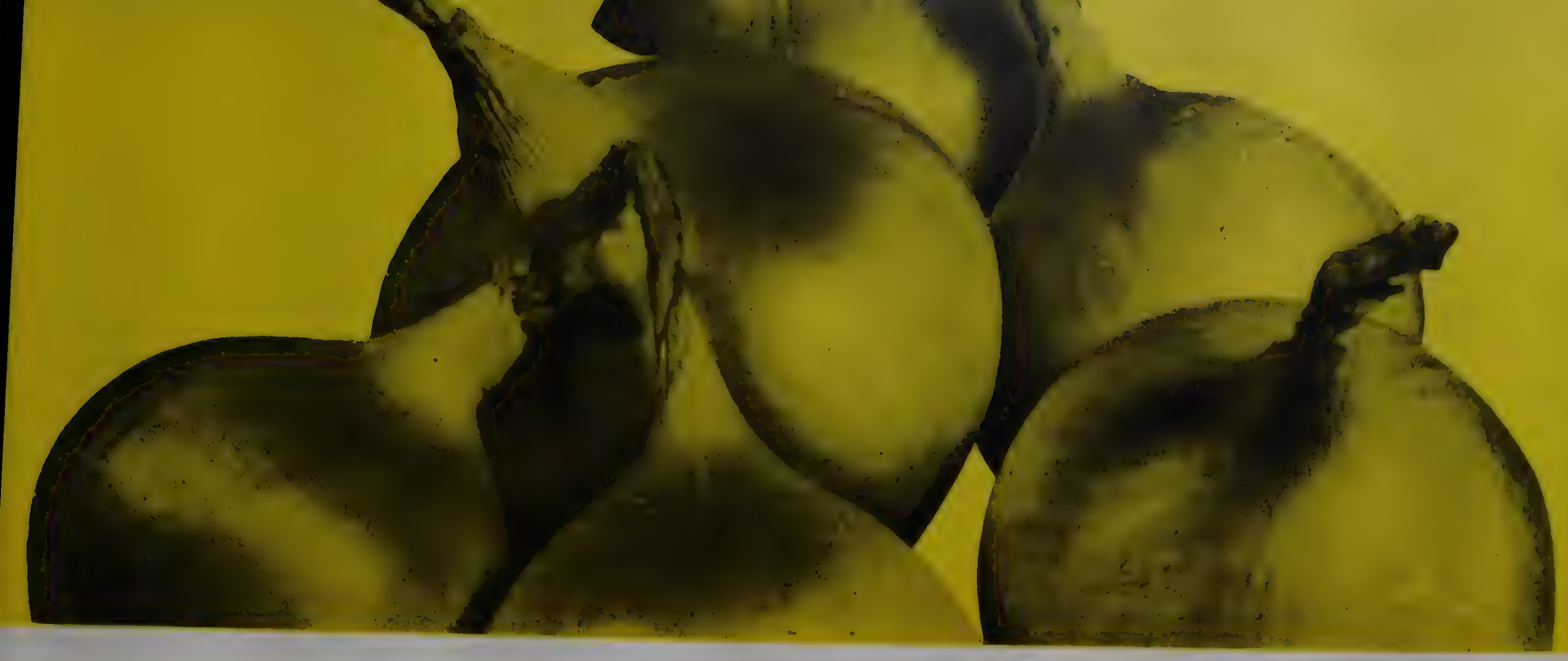
At present the 650 ha vegetables cultivation area in the Zakroczym region accounts for more than a half of the total cultivated area of 1193 ha. Onion is grown by all farmers whose number comes up to 406.

Local onion breeders are of the opinion that the quality of their onion, due to specific climate of the region and suitable soil, has no equal in the whole word. Whether it has really the finest shape, colour and tastes best in the world is hard enough to state with full certainly, yet the fact remains that any amount of onion from Zakroczym gardens will find ready buyers. The farmers of the region take much pride in the success and make every effort to maintain the high reputation of their onion. All farmers subscribe to specialist magazines and attend annually organized professional guidance courses to obtain the certificate and title of gardening masters.

One of the leading onion breeders in Zakroczym is Mr Ryszard Jankowski who has been specializing in the field for about 10 years.

Owing to his outstanding farming qualifications and careful cultivation, Mr Jankowski managed to gather the crop of 100 tons of onion from his moderately large 5 ha plantation. About 75 per cent of the entire crops (first quality onion only) was approved for export. An achievement worth noting, the more so, that the farmer's soil being of only 5th and 6th class, he must invest a considerable effort before he can see a seed turn into an onion after a long and complicated cycle of field work.

Early in autumn (end of September — beginning of October), the farmer fertilized the field with about 40 tons of cow dung and undertakes the first shallow ploughing. Late in October or in November the time comes for the cultivation of the field in order thoroughly mix the dung and soil, and then — within a fortnight — for winter ploughing.



During wintertime the young farmer consults research scientists in various experimental centres, reads books and magazines devoted to onion breeding, selects the right kind of seed and checks its germinating power.

Early in spring ,after snow has disappeared and soil dried up, the farmer resumes his field work ; harrowing and bush harrowing. Irrespective of the amount of cow dung used, he applies phosphoric fertilizers, which is again followed by harrowing, bush harrowing and cultivating.

The next stage consists in sowing which Mr. Jankowski performs by means of a sowing machine of his own design. The seeder is made up of 6 small seeders joined together, but operating independently, this manner of work being preferable as the field is uneven and only in this way the same depth of sowing may be ensured.

After germination, mechanical inter-drill treatment takes place and later on it is necessary to weed the field manually four times and move the soil mechanically eight or nine times. From 6 to 8 kg of seeds is reguired for 1 hectare depending on their germinating power.

Harvesting season begins about the middle of July ; that is at time when allicaeous leaves are no longer limp and may be broken. After harvesting, onions are left for around two weeks in the field to get dry and subsequently are put into cases to be dried up in drying plants. When they are sufficiently dry, the onions roots and upper parts are removed and the onions are subjected to initial sorting.

Having completed the above activities, the farmer puts onions back into cases which are placed in drying plants again so that drying can be finished, or in special storehouses where required temperature is maintained if the period of first frosts is coming.

Then the sorting is undertaken which takes into coside-ration the size and shape of head, colour and compactness of peel ; even a broken peel disqualifies the finest onion — it will not be assigned to the quality class.

Sorting is a most time consuming jib, says the farmer, and yet it can be done by hand only. Once it is over, the "Hortex" Foreign Trade Enterprise delivers onions to consumers in England, France, German Federal Republic, Sweden, Finland, Czechoslovakia and many other countrues. No wonder the number of our markets is so great ; onion makes an indispensable ingredient of various dishes found in the cuisine of all the continents. And still, says Mr. Raszard Jankowski we tend to underestimate its value.

The farmer's wife received our editor with a home-made onion salad composed of onion, finely sliced apples, salt, pepper, sugar and cream. It is no exaggeration to say that the salad was delicious. It does seem that our cuisine (in Poland and elsewhere alike) attaches too little importance to onion dishes with onion as the principal ingredient.

Local farmers serve onion pickled in vinegar as an addition to snacks, add onion to scrambled eggs and to nearly each kind of salad. They told us also it is advisable to keep a fish prior to frying in a covered pot with salted onion and bay leaf.

From Zakroczym on the Vistula Polish onion finds its way to most west and north European countries, being highly appreciated as a rich source of vitamins, primarily vitamins C, B1 and B2. Because of its content of mineral substances such as calcium and potassium, onion has a refreshing and deacidifying effect on human organism. Besides, onion juice checks the developmeet of certain bacteria causing contagious diseases, i.e. those of enteric fever, and is supposed to act in a similar manner in the case of cancer diseases. During wartime and famine onion was relied on as the best remedy against scurvy.

Apart from its health-giving properties, onion — the vegetable of white, firm flesh and mild, sfightly sweet taste — is regarded by every housewife as a "must" in the family menu.

It began in Czerniewice

Before the first lot of bacons was loaded into refrigerated railway vans waiting on a side track at a small station of Czerniewice near Włocławek, which took place in 1912, it had been necessary to supply the local meat and bacon factory with an adequate quantity of the raw material-bacon.
The history of the Polish bacon export goes back to 1911, writes in his memoirs Jarosław Litwinowicz, whose contribution to our meat industry export has been duly appreciated far beyond the Polish boundaries. It was then that Tadeusz Findeisen, the organizer of agricultural cooperatives, went to Denmark and England to investigate the possibilities and conditions of the export of pigs. Having returned to Poland in 1911 Findeisen established in Czerniewice, in the Kujawy region, the Agricultural Cooperative of Bacon Production and Export. Originally, the Cooperative numbered 150 members and a tremendous sum of 200,000 roubles was laid out for the equipment of the bacon factory.

In order to improve the native pig breed, the Cooperative imported breeding pigs from England and distributed them among its members, local farmers.
Since bacon was to meet the needs of the British market, a Danish master, William Frederiksen, was emploed to manage the factory and teach local butchers the art of bacon making. Contacts with a London brokers' firm, Sheed Thomson Co., were established, and early in 1912 the owner of the firm, Mr. Sheed personally visited Czerniewice to give instruction on the production and transportation of the commodity.
The entire process of bacon making, curing, selection an packaging followed methods adapted by the Danish industry
The first delivery of our bacon was shipped to London i summer 1912, as mentioned before, and met a favourabl reception on the part of the customer. As a result, the Coope rative exported in the form of bacon as many as 1,200 pig by the end of its first years' activity.
At the same time another bacon plant was set up in Motyc near Lublin.
Both factories supplied the British market with over 50,00 cwt bacon in the period of 1912/13 alone.
In connection with the promising expansion of Polish baco export projects were made to start further bacon factories i Poland, but those plans were obstructed by the outbreak o World War I. That would be almost all as far as the history o bacon making in Poland is concerned.

* * *

Many years have passed since those days : years of the inter war period, of World War II, and then 25 years of the economi growth of People's Poland, Along with other important chan ges which have taken place in Czerniewice, the small baco factory has been developed into a modern plant provided wit the latest equipment.
We asked the Director of the Factory, Mr. Mieczysław Łuczak to tell us the secret of the high reputation the Czerniewice made bacon enjoyed with buyers and consumers all over th world and especially in Great Britain. And that is what we heard in reply.
"Our success in the sphere of bacon production and expor is related primarily to the top-grade raw material which i supplied to our enterprise by pig breeders. Most of them are individual farmers who attach great importance to the breeding of pigs and rely chiefly on natural fodder.
A great number of farmers have specialized in the breeding of bacon pigs and in many a case it has become the majo source of their income.
It must be emphasized at this point that our suppliers, far mers from Czerniewice and neighbouring districts, do not cease in their effort to further raise the quality of pigs. In

Etn

ork they receive considerable assistance and support
he contracting service of the Factory, zootechnical ser-
f the Union of Bacon Pig Breeders, as well as from
chnicians employed by particular People's Councils.
to this cooperation, farmers are guaranteed supplies
best breeding animal (young gilts and boars) which
favourable effect on the quality of pigs processed by
zerniewice Factory. In addition, instruction on breeding
utrition and other kinds of guidance are made available
rmers engaged in breeding.

narkable advancement in the sphere of pig breeding
has been observed in the Czerniewice region over the
few years is parallelled by grownig requirements with
d to the quality of raw material supplied and finds its
ction in the higher quality of our export deliveries".

acon production only meat-type pigs are selected, most-
glish-breed big white pigs or those obtained as a result
ssbreeding of the latter with the native meat type breed.

ant surroundings : greenery adjoining the factory yard
s a nice impression on a visitor to the enterprise. From
, perfectly ventillated pigsties where pigs rest prior to
hter, we come straight into the production halls. In the
of them a conveyor belt passes on slaughtered pigs for
er processing, i.e. removal of bristles, segregation of
sides and division of each carcass into parts.

e course of the last 25 years the Czerniewice factory
rwent serious development and modernization.

56 all the the most-up-to-date equipment available in
ine of industry was installed, such as dehairing machi-
while the transportation and cooling of carcasses were
considerably improved.

foremen and other staff in charge of the production
ss have been in the trade for a long time now, 30 years
d being no exception. A mention is due here to Mr. Man-
gild, a butcher of Denmark, who arrived at Czerniewice
ars ago to train local staff and having educated a great
er of outstanding specialists, retired only last year.

worth noting, too, that in the Czerniewice Factory only
tested reliable recipes are used which, along with the
-date technologies followed and high degree of mecha-
ion, contributes to the taste and appetizing appearance
con from Poland.

Presently the Manager is showing us into one of the production rooms.

In the middle of a large hall there is a table provided with a metal tape. Here sides, previously cleaned and treated in a Danish so-called singeing furnace, are passed on. At the first stand a worker is using a pistol saw to cut off rib heads, parts of pelvic bones and transverse processes. The treatment is continued at further stands and covers the removal of a blade bone by means of lifting tongs, As soon as the treatment is completed, the side marked PMC is lifted onto a belt to be taken to the refrigeration storehouse.

Back in the Manager's office we are being told about the cooperation of the factory with scientific-research establishments. And thus, for example, Professor Pezacki of the Poznań Higher School of Farming takes a great interest in the problems of the enterprise and helps to solve them using scientific methods.

Thanks to this cooperation, production technologies (while being adjusted to the wishes of British consumers) are systematically improved and so is the quality of the final produce. Strict quality checking performed both during the production process and afterwards by the Quality Inspection Office ensures the full market success of our bacon, says the Managing Director.

On leaving the factory we pass by a carefully whitewashed gate and have to immerse the wheels of our car in a channel containing a disinfectant. Behind us remains the Factory in the Garden, formerly called the Meat Processing Plant in Czerniewice, which will celebrate its 60th anniversary.

It is worth remembering that at present Polish meat industry runs 75 factories, all of them representing an advanced technological level, and 30 being engaged in the production for export. Their processing potentialities in the range of bacon production are constantly broadening as a result of a steady expansion of pig breeding.

In conclusion of our brief outline of the history of the Polish bacon industry, we wish to express our hope that in the future the traditional Polish-British cooperation in this field, which for the past 20 years has been carried on by the ANIMEX Polish Foreign Trade Enterprise, will be successfully continued.

imex

Siedlce poultry for gourmets only



…ish goose and a Polish duck
…ady for many years now
…ong to traditional dishes
…the festive table of many
…amily in the German Federal
…public, West Berlin, Austria
…d in France. Poland annually
…orts 10,000 tons of
…ultry for a sum amounting
…12 million dollars. Also
…ish canned poultry,
…serves and eggs are very
…pular abroad. Consumers
…10 countries, including
…y, Sweden, Austria and
…eat Britain every year eat
…0 million Polish eggs to
… value of 7.5 million
…lars.

…e of the main suppliers of
…ish poultry, canned poultry
…serves and eggs to markets
…oad the Zakłady Jajczarsko-
…biarskie (Egg and Poultry
…nt) was set up in 1953 at
…dlce in the province of
…rszawa.

…t outside Siedlce, a small
…rict town, lie the vast
…unds of the Zakłady
…czarsko-Drobiarskie.

…e reign cleanness and
…er. From one of the cross-
…ets of this plant's internal
…ffic artery" comes the
…nd — which increases as
… approaches — of
…gling. On both sides of
… side-street are arranged
…oden hen-coops with
…dreds of geese. Every
…ment from behind the hen-
…ps wooden rails pop out
…g white goose necks with
…r yellow beaks to have
…ink of water or eat a few
…ns of pure oats from the
…king and feeding troughs.
…s is the geeses'
…ening yard. They are kept
… for three weeks before
…ghtering. During that
… they are fed on oats and
…in during this short period
… proper weight and right
… qualities. Moreover,
…ening method improves the
…ity of the plumage which
…erves its natural colour.

… pride of the Siedlce
…t is the super modern,
…ost fully automated,

one visits this department one well understands this pride.

A large, modern building houses several divisions fitted out with the most up-to-date machines, the purpose of which is difficult — at first sight — to guess. The rhythm of work in the entire department is set by the constantly — though slowly — moving chain conveyor flight on which the dead fowl, held suspended by their legs by metal holders, move along. Almost throughout the entire production cycle the human hand does not touch the dead fowl. But let us start from the beginning. A lorry with a lot of chickens has just driven up to the entrance of the building.

A woman worker dexterously takes the chickens out of the cases and underhangs them by their feet by the holds of the conveyor flight. The production process has started. After slaughtering the chicken moves to the blood dripping station. Next, to facilitate the plucking of feathers, it is scalded in a special scalding device. The next two machines are Dutch plucking machines. These are two-meter-long devices in which continuously rotate drums which pluck the chicken so accurately that on the hand-checking stand there are no inaccuracies to be removed — in fact there is nothing to be done there. After removal of the entrails, already in the next division operates a meat inspector who inspects each of the dead fowls on the conveyor flight and seeks out those which do not comply with the health standards set. Such cases of dead fowls rejected by the meat inspector are very rare, as the poultry before being bought was subjected to an inspection by a veterinary surgeon. The next phase of the production takes place in several meters long rotation drum-type chilling

fowls are cooled down with th
use of water with an admixtur
of ice in a temperature of
below 0° C. After the dripping
off of the water in separate
room, the ready chickens are
packed in attractive
polyethylene covers or
shrinking foil, according to
the client's wishes. After
packing the dead fowls go to
the plant's freezer rooms where
in a temperature of from
—30° C to —35° C they are
quickly deep frozen. This
guarantees freshness of the
goods even over a longer
period of time and
simultaneously preserves
its good flavour and nutritive
qualities. Almost all the phases
in this production cycle take
place in separate, isolated
from each other by glass
walls, rooms. Because of this
the entire process takes place
under ideal hygienic
conditions.

In the poultry department in addition to chickens dead fowls of geese and ducks are prepared. Ducks and geese from the Plant at Siedlce reach clients in the German Federal Republic, France and Italy.

The Plant exports about 1,000 tons of them annually.

They are highly appreciated abroad because the oats fattening method used, for example in comparison with fattening with maize, markedly raises the flavour and nutritive values of geese. The Siedlce Plant is planning a further increase of exports.

These plans are based on special hatching flocks which at present are being set up in Poland.
The canned poultry division is the benjamin of the Siedlce Plant. This is not surprising as it exist only since five years and is among the most up-to-date in Poland. Here, a wide assortment of preserves is made : chicken in broth, halves of chicken in jelly, poultry paté de foie, chicken

d frozen poultry. At present
Plant is preparing for the
rt of exports of a
w-delicacy — duck with
ms. **Polish canned**
ultry preserves are
cellent. They are
aracterized by
rability. Because of the
nderness of the meat,
nned chicken preserves
e especially popular.
ese are prepared from
wl 8—9 weeks old.
is, therefore, not
rprising that exports
Polish canned poultry
e growing

the Plant at Siedlce exported 300 tons of canned preserves and in 1969 already as much as 800 tons of canned poultry.

It is assumed that this year there will be a marked increase in exports of canned preserves, all the more so as at present a further modernization of this division is being carried out.

The egg department occupies a separate hall.

Here, as in other departments, work is automated. Baskets

narrow conveyor flights. Lon
suction hoses with the use o
air draw in the eggs from
baskets and transport them
onto the conveyor flight. Th
conveyor flight is connecte
with a sorting machine whic
somewhat resembles a
children's billiard table. This
device, made by the
Krakowska Fabryka
Urządzeń (Equipment
Factory in Kraków),
automatically weighs and
sorts the eggs according to
their weight. At the very leas
thousands of them, 20 to 3
per cent of them, will be



ped abroad — among
r countries, to
tzerland, Great Britain,
and Jugoslavia.
Plant at Siedlce has very
y up-to-date machines
equipment. Their efficient
ration is ensured by a
nly skilled staff of engineers
technicians.
good results attained in
work of the Egg and
ltry Plant at Siedlce are due
only to the fitting out
most modern machines
also to an experienced staff
echnologists in processing
bloyed since years by the
nt. Moreover, in the

elaboration of new recipes and in the solving of more difficult technical problems the Plant's canned preserves division avails itself of the services of a central laboratory. In the line of raw materials and of problems connected with raising and feeding of poultry the Siedlce Plant has taken up close cooperation with the Chair of Poultry and the Chair of Agricultural Technology at the Agricultural College at Lublin. All this decides about and bears an influence upon the good quality of the poultry, canned poultry preserves and of eggs from Siedlce.



POLSKA
ANIMEX
WARSZAWA

ANIMEX — Foreign Trade Enterprise

the world-known exporter of products of animal origin

recommends:

Bacon, Ham, Smoked meat, Pork, beef and veal preserves

— 30 *kinds of preserves are now available in a great variety of packing and sizes,*

Animal fats,

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Horses,

Live game,

All enquiries concerning the above products are kindly invited by

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Import-Export Enterprise,
Warszawa, Poland

Odra

n Important and Reliable

Contracting Party

deep-sea fishing are the constant widening of the areas of
fishing grounds of the fishing fleet and the systematic m
dernization of the fleet. This has enabled Polish fishery
enter the world fish market with goods of the highest quali
In the field of development of fishing Poland's fishery w
not only able to keep pace with many European countri
with marine traditions of many years standing, but also clear
topped the average indexes of increase of catches on a wor
scale.

So marked a progress was made thanks to a rapid increase
the number of ocean-going fishing vessels, the production
which was undertaken by Poland's shipbuilding industr
Parallelly to this an expansion at fishing harbours, fish pro
cessing plants, cold stores and of the commercial networ
was carried out.

A lasting mark of the activities in this line is the building fro



ndations of an up-to-date deep-sea fishing base at
ście. The sallying out of Polish fishery into distant
egions and the marked shifting over of the bulk of
o deep-sea fishing has also brought about a change in
cture of deliveries of fish and fish products to the home
and for export. Thus there occured an increase in the
f deep-frozen white fish, progress in the improvement
of fish cought and in their unloading in a form
quite ready for consumption without the need of further
ing by the consumer. The fact that processing pro-
take place at sea, immediately after landing of the catch,
ees a high quality standard of the products — s stan-
nattainable even in the best prepared processing on

3, Polish deep-sea fishery attained catches amounting
000 tons of fish. This means in comparison with 1967
noted hitherto annual increase amounting to 65,000
tons. Due to the successful fishing the quantities of fish and fish products delivered both to the home market and for export increased very considerably.

It should be stressed that from year to year the quantities of processed fish are increasing and the assortments of canned fish which are greatly appreciated by buyers at home and abroad are widening.

In the line of exports the fishery turnovers in 1970 attained the 15-million dollar mark. Also the fact is noteworthy that a considerable part of these exports are directed to the markets of West-European countries and the United States where, as far as quality is concerned, the requirements are very high.

The present activities of Poland's fishery economy embrace three economic sectors: state fishery, co-operative fishery and individual fishermen.

The Polish fishing enterprises DALMOR, ODRA and GRYF are among the world largest enterprises of that type.



rybex









e ODRA Deep-Sea Fishery and Fishing Services Enterprise
winoujscie

ain fishing grounds are the North-West Atlantic off the t of Canada and the United States, the fishing grounds he Western Coast of Africa and the North Sea and the cent regions

IA has an up-to-date, on a world standard fishing fleet main part of which are freezer trawlers. The high qualities ese trawlers are confirmed, among other things, by the that some of the trawlers became the subject of export to tries with great marine traditions, such as France and t Britain.

resent the ODRA enterprise exploits three basic types of els which are:

Type B-18 — freezer trawler is fully adapted for fishing utonomous cruises on far away Atlantic fishing grounds under tropical conditions as well as under sub-Artic . Loading capacity up to 1,000 tons — including 760 of fish. Output of deep freezing equipment — 35 tons 24 hours. She is fitted out with herring and mackerel fillett- machines and fish meal and fish liver oil plants.

e B-23 freezer trawler — loading capacity 350 tons out of deep freezers 18 t/24 h. A fish meal and fish oil t are arranged aboard.

e B-20 motor trawler fitted out with a freezing plant. ding capacity 220—250 tons. She has two holds: one a temperature of 0° C for salted herrings storage and one a temperature of —27 to —29 °C for storing deep frozen

main assortment of fish cought are herring, northern macke- scomber-scombrus) and horse mackerel (colias) and many r species of fish such as: yellow jack, tasergal, sword and others.

veries of fish are mainly in the deep frozen form with the rity being initially dressed at sea in the form of gutted headed fillets or only gutted with the head remaining. ings are deep frozen whole or filletted and frozen in 10-kg

on the other hand, are almost completely processed on the ship. The deep frozen mackerel fillets and halved carcasses are delivered in 10-kg blocks three to a carton.

The enterprise also applies the forwarding system based on mother ship factories and harbours abroad in the case of exports of fish direct from fishing vessels to European and African countries. These include among other countries: the German Federal Republic, France, the Netherlands, Denmark, Italy, Jugoslavia and of African countries: Nigeria, Liberia, Ivory Coast, Sierra Leone and a number of others.

The main assortment of fish produced by ODRA for export are herring and mackerel skin on fillets, deep frozen in 10-kg blocks (packed in cartons of three blocks).

Moreover, in its up-to-date fully mechanized canned preserves factory ODRA makes 30 assortments of processed fish including, among other products: 1. herring and mackerel fillets in oil, tomato sauce, mustard sauce and in aromatic oils, 2. herring carcassed, 3. sardinellas in own dressing, mustard sauce and picadilli sauce. In addition the Fish Processing Factory makes marindes in various packings (cans, jars — according to the client's wish) and salted herrings with an addition of spices (in barrels, jars cans). The production of deep frozen delicatessen such as: fish saussages, raviolis, minced — meat balls, force-meat balls is being prepared.

ODRA employs a total of some 4,500 workers (whereof about 3,000 on board ship and about 2,500 on land).

ODRA is also in direct contact with circles abroad. English, Danish, Swedish, Dutch, Norwegian, French, West German buyers and from other European countries and the United States have shown interest in the works at Świnoujście.

All of them are filled with admiration for the dynamics of Polish fishery in general, and for the ODRA plant in particular and recognize it as an up-to-date, well organized deep-sea fishing and fishery services enterprise. This guarantees that ODRA is an important and reliable contracting party in the fishery branch.

The products mentioned are exported by RYBEX Fisheries Central Board Foreign Trade Office, Szczecin, Odrowąża 1

RYBEX

Foreign Trade Office Exports sea fish, fresh and deep-frozen fish in blocks, without heads in blocks, without heads and dressed, deep-frozen in blocks, cod and rose fish fillets, prepared according to American and Polish standards.

In addition to the above RYBEX recommends: fish sausages • dumplings stuffed with fish • fish balls • cabbage stuffed with fish • herring pickled and rolled • herring with spices and a wide assortment of canned fish.

RYBEX, Foreign Trade Office,
Szczecin, Poland, Odrowąża 1



SPOŁEM Foreign Trade Office

Export : agricultural-food products
Import : citrus fruits, condiments and seasonings

SPOŁEM offers :
confectionery products
chocolate sweets
confectionery bakery
deep-frozen rabbits — whole and in parts
All inquiries should be addressed to

SPOŁEM — Foreign Trade Office

Warszawa-Poland, Grażyny 13

społem

SPOŁEM Foreign Trade Office represents in international trade exchange one of Poland's oldest co-operative organizations — the SPOŁEM Union of Consumers' Cooperative Societies. This organization has rich traditions in international contacts. SPOŁEM, which recently celebrated the hundredth anniversary of its activities, is known the world over. The SPOŁEM Foreign Trade Office handles exports of agricultural products and foodstuffs and imports of citric fruits, dried fruits and spices.

From SPOŁEM's export list we will mention the two main groups of goods:

— Confectionery products
— Frozen tame rabbits

Confectionery products embrace several dozens of assortments of hard and filled sweets of which the most popular and successful among consignees abroad are honey sweets and fondants, Viennese fruit sweets, and the Cheo-Luxus-Swecto chocolates.

Among the confectioneries recently in greatest demand abroad may certainly be counted lollipops.

Lollipops are exported in various weight from 7 g to 56 g and in various shapes and decorative designs, viz.: flowers, animals, fruits, faces, etc.

In addition to sweets SPOŁEM exports also flour confectioneries such as tea cakes and bisquits and flour confectioneries such as Honey Buttons gingerbread.

This assortment is supplemented further by assorted chocolates, chocolate-coated plums and chocolate-coated cherries as well as by the delicious "Babunia" mead.

All the products mentioned are made in own cooperative factories and this, because of traditions of many years standing, guarantees high quality and the best flavour.

Frozen tame rabbits are a very important export item of SPOŁEM.

These tame rabbits are home-bred and are prepared for export in modern processing plants of the SPOŁEM co-operative

What we must know about Polish vodkas

e are suggesting that all those who are inte-
ted in alcoholic drinks — exported by the
clusive exporter — the Polish Enterprise of
reign Trade "Agros", should become acquain-
with some information relative to each of the
ieties of vodkas and vodka drinks, produced
our country and also with the details dealing
th their production and way of serving.
ch information, arranged in alphabetical
ries, is given, similarly as is used in encyclo-
edias, makes the reading matter easy for the
der. We believe that this kind of form of in-
mation on this extremely important section
our export will encourage the readers to
mple the unparalleled Polish vodkas.

begin our encyclopaedia as follows:
oholic vodka products, exported from Pol-
d, can be divided into the following principal
ups:

e vodkas
matic vodkas
fruit vodkas
ueurs
ulsion crèmes

u will find particulars on the most popular
lka drinks in the consecutive entries of our
usual "encyclopaedia".

vocaat 25° is the favourite drink of women.
reality it is an egg crème, produced by using
emulsion of fresh eggs with an addition of
gnac and aromatized with vanilla. The high
lity of the eggs produced by the hens, bred
atural conditions, and the unusually carefully
nogenized mix enable obtaining a crème of
form consistency of excellent taste and
ma.

dvocaat" should be served at room tempera-
or only lightly chilled. It is best to serve it

Bloody Mary is the best known coctail. It is made by adding Vodka Vyborowa to a glass of frozen tomato juice (on Polish cocktails read under cocktails).

Bull Shot — is an unusual and simply an "exotic" cocktail. It can be prepared by mixing Vodka Vyborowa with cold beef broth.

Cherry Vodka-Dry (Morello cherries) and Plum Cordial Dry (plum) are slightly sweet aromatic vodkas of a pleasant fruit smell and savour. In other words they are dry fruit vodkas containing a large quantity of juices and infusion of morello cherries and plums seeped in vodka.

Cocktails from Polish vodkas are simply excellent. We consider Vodka Vyborova as the best for making cocktails (read the entry Vodka Vyborova).

Furthermore, the best are the dry Cherry Vodka Dry 40° and Cherry Vermouth 40°, and for ladies — the liqueur Polish Cherry 25°, surpassing even the famous Danish Cherry Herring (read the entries Bloody Mary and Bull Shot).

Dalmonico — this is a special aperitif vodka. We recommend Delmonico to those who like weak vodkas. The taste of Delmonico-aperitif is slightly bitter. It is generally prepared with an addition of fruit juices, herbs and is refined with an addition of grape wine of Vermouth type. Delmonico which has a pretty brown colour and excellent aroma is a drink ready to serve. It tastes best when it is well chilled. It is served with pieces of crushed ice in cocktail glasses and with a lemon slice.

An equal portion of Vodka Vyborova can be added to Delmonico in order to strengthen or prepare an entirely unusual mix.

The large and original assortment, the choice quality and packaging, which is on a world scale, bear upon the high appraisal of Polish vodka products. These products have won gold and silver medal at international competitions and contests in Ljubljana, Brussels and Leipzig. Only during two years 1962 and 1963 Polish vodkas won 5 gold and 6 silver medals at fairs and 4 distinctions at contests.

The export of Polish vodkas rose five times during 1953—1963. The famous Vodka Vyborova 45% has the largest share in the export, then "Wiśniówka" (Cherry Brandy), Cherry Cordial, "Żubrówka" (Bison brand), Krakus, Starka, Jarzębiak (Rowan Berry), Krupnik on honey and others. Our vodkas are exported, i.a., to the German Federal Republic, Great Britain, France, the USA, Canada, the USSR and many others.

The Extra Żytnia (Rye) vodka 40 or 50° — is a bitter vodka, most frequently colourless or slightly yellow produced from pure rye alcohol of special savoury properties and a small addi-

best drunk chilled in small whiskey glasses
a sort of "short drink".

Goldwasser 40° — this is an excellent
matic spicy-herb liqueur from Gdańsk, kno
for 400 years throughout Europe, and prepa
according to old Polish recipes.
The characteristic feature of the "Goldwass
vodka is that small blades of suspended he
float in each bottle. The name "Goldwass
precisely comes from them.
Goldwasser should be served slightly chil
together with dimetasse coffe and cakes (
will learn about the features of Polish liqu
from the entry, entitled "Liqueurs").

Jarzębiak — Rowan Vodka 40° is a
vodka with a pleasant aroma and acrid ta
obtained by adding an infusion on the ro
berry (Sorbus aucuparia) gathered after the
frosts. Rowan vodka (Jarzębiak) belongs to
aromatic group of vodkas, that means
produced from rectified alcohol with vari
additives.
Jarzębiak is a typically Polish vodka of
a 200-year old tradition, especially in the so
hern regions of the country. The vodka is li
brown in colour. Its taste and aroma reminds
mewhat of the acrid fruit of the rowan, m
gated, however, by the small addition of su
and refined by adding a wine distillate of
highest quality. Jarzębiak tastes best w
slightly chilled. This vodka is most often dr
with meat and meat dishes.
The only grain distillery in Poland in Ciep
supplies alochol for the production of Vo
Vyborova, the export hit. This vodka, as
know, enjoys great popularity among fore
customers (see Starka).
Vodkas, beers and meads were not only kno
already in the 11th century, but were also po
lar. As testimony is the fact that already in
year one thousand, the Polish King Boles
Chrobry assured the Gniezno archbishop
that had been founded, a permanent income
laying a so-called tithe for liquor licences on
vast areas of his country.

Krakus — that is the name of a 40° grain vo
belonging to pure vodkas approaching vybor
vodka in its value (see Vodka Vyborowa).

Liqueurs — have a tradition of many years
Poland. They were already produced in Pol
in the Middle Ages. We are producing th
until the present according to the same tra
tional recipes but using modern technology
the best raw materials, i.a. fruit, honey, he
and spices.
The most popular are Cherry Cordial 40° (Mor
Cherry), Cassis 35° (from black curran
Blackberry Liqueur 35°, Old Krupnik Po
Honey Liqueur, the famous Polish spice liqu
Cacao Choix — 50 British % (28.6°), Goldw

alcoholic beverages, and there are over
es of them — are produced from natu
emigrates (one that many famous
e artificial shortcuts for the production
er. The factory is the biggest in our
nd maybe even the biggest in Europe.
nder, therefore, that the product is not
wn in Poland but also abroad. Five
of top quality vodkas produced in Zie
s have won the highest quality mark
them "Jarzębiak" is marked with the
" which means the highest quality in
nal evaluation. Jarzębiak won this
evaluation at the international "Tasting
purposes" at Ljubljana in Yougoslavia
at the same time a gold medal (we give
ormation under the entry "Jarzębiak").

Vodka 45 — Vodka Luksusowa is
from rectified potato alcohol of top
t is an absolutely pure vodka colourless,
cate taste approaching vodka vyborova
able for drinking it straight and can be
for cocktails.

"Vodka Vyborova" imported from Pol
sy to serve. Chill it. The colder it is ser
better it is. Serve vyborova in as small
ent glasses as possible. The Polish way
ing vodka is one move during which
g should be drunk at one gulp from
glass.

er also that all vodkas exported from
have a trademark in common, "Polmos".
primeval forest of Europe is in Poland —
za Forest — which is the only place in
where the already rare sweet scented
erochloe Odorata — the bison's titbit —
n its natural stands. It is precisely this
rowing grass — Hierochloe Odorata —
es the wonderful and delicate aroma to
Zubrówka vodka — Bison Brand Vod
(see Zubrówka).

re our pointers on how to relish vodkas

Vyborova "on the rocks" — pour
unces of cold vodka on ice cubes in an
thioned glass and serve.

driver — pour 2 ounces of Vyborova
on two ice cubes in a tall "highball" glass
with orange juice and mix well and you
ve an excellent and refreshing cocktail.

tini Dry — Mix vodka vyborova with
mouth and ice in a shaker, filter into a
glass and serve with a green olive or

Bison — Pour Bison Brand vodka and
Vyborova on ice cubes into a glass with
bottom. Add sweet Vermouth and a little
juice.

— pour Cherry Brandy, vodka vybo
y Vermouth and a little rum on ice cubs
glasses. Serve with an orange or lemon

s" — that is the trademark under which
" exports various Polish vodkas and
s to over 50 countries.

vodka drinks owe their unusual position
world above all to:

ellent assortment of raw materials (ex
ly natural).

erald personnel of professionals with
ence of many years.

ern technological methods used for
tion.

ugalous supervision carried out both
production and also while each lot is
prepared for export.



Polmos of Poland

ŻUBRÓWKA

BISON BRAND VODKA

40°

with an extract of Zubrowka

beloved by the European

erry juice and infusion — in connection
ne double purified alcohol are so delicious
own. The Polish Cherry Cordial 40° is the
opular of them in the country and is most
and abroad (read about it under the same

d fashioned sayings — in vino veritas —
ong fallen into oblivion. Centuries have
and outmoded forms have gone with the
ever to return, but Polish vodkas are
ing more and more popular and are being
nd more appreciated by gourmets.
vodkas produced by outstanding specia-
having an experience in production for
any years and still gaining in experience,
mphantly entering into new foreign mar-
diverse climatic zones and on all the
ents.
vodkas are a rendezvous of traditions of
times, excellent raw materials and modern
logy.
vodkas journey to almost 100 world
ies. Besides the European countries, the
States and also countries of South Ame-
re customers. "Q" — the international
f the highest quality. Many Polish vodkas
een distinguished by this mark — Jarzę-
Rowan Vodka) and Starka (Very Old Vod-
read about them in relevant entries.
OS" — the Foreign Trade Enterprise,
is the sole exporter of vodka drinks from
. The address is as follows:
"Agros" — Warszawa
awia 32/34 — Poland. Tel. 21-64-21
ectified alcohol is the basic raw material
the production of all Polish vodkas and
s. The alcohol used for Vodka Vyborova
e from a mix of several rye varieties, using
ve yeast races, and then it is rectified se-
mes (minimum twice) by means of mo-
ctification equipment. The water used to
the alcohol has definite properties. In
o obtain the required mildness and me-
ss of alcohol, we submit the diluted
l to a process of refining, which consists
g activated coal and filtering through va-
inds of filters, so that we obtain as a
top quality product.
— Very Old Vodka 50° — is the ol-
olish vodka prepared for many centuries
ng to old recipes. It is produced from
refully distilled rye alcohol. By its long
in oak barrels, Starka then gains a special
and aroma similar to whiskey, so that it
tly is called Polish whiskey.
cohol used for the production of Starka
uced from special varieties of rye. Starka
in barrels is prepared by the addition of
ellent old wine and poured into special

Śliwowica — Plum Brandy — is one of the most sought after vodkas in Europe. We make it according to the traditional method from plum alcohol, which is stored for several years in oak barrels. Polish Śliwowica has a milder taste and aroma than products of this kind prepared in other countries.
Śliwowica has a natural golden-brown colour. It should be chilled before serving. It is best drunk from small glasses.
Trianon — is a first-rate cocoa-egg crème, produced similarly to "Advocaat". Trianon crème is poured into exceptionally attractive stoneware jugs, decorated with regional designs and can be an ornament on every fine table.
Honey Cherry Brandy 38° is a typical Old Polish cherry liqueur sweetened with best honey of forest bees. It is made of pure alcohol, honey and cherry juice with an aromatic additive, which gives it an unequaled savour and aroma.
Wiśniówka — Cherry Cordial 40° — is one of the best known Polish vodkas served throughout the world at the most elegant bars, restaurants and hotels. Being produced from the juice of sour cherries known for their aroma, it is distinctive in its gorgeous colour, similar to that of red wine. Cherry Cordial is excellent for mixed drinks (cocktails). Cherry Cordial vodkas have the highest world quality mark "Q". Each bottle of Cherry Cordial 40° can be supplied on request with a label showing the standards provided for by the Polish Standardizing Committee.
Vodka is an original drink of Poland. The world "vodka" is in Polish a diminutive of "water" and explains the Latin aqua vitae (in Polish okovita) that means the water of life, for so was this drink called in Poland at first.
Vodka Vyborova is the most suitable drink for diplomatic receptions, home parties and for picnics.
Serve Vodka Vyborova with one of the entremets given below. Hence for:
— **diplomatic receptions** — with caviar, smoked salmon, smoked trout or ham, in thin slices with green figs or canteloupe.
— **receptions at home** — with paté de foie, grapefruit, salami sausage, marinated herring, shrimp salad, hardboiled eggs and olives.
— **picnics** — with sardines, liver sausage, onions and radishes, olives ,collared herring or with tomato salad.
Hence, no other vodka that is a more suitable drink for receptions than Vodka Vyborova. Polish vodka is always highly appreciated. "Man cannot eat more than his appetite allows for, but he can always drink Polish vodka" — says our old adage.
All the generally known mixes: vodka, ginger ale, bitter lemon and bitter orange are refreshed by adding Vodka Vyborova. Its delicate absolutely clean aroma gives the mixes an absolutely new aroma and savour.
The pure vodkas produced in Poland from rectified alcohols have the least fermentational side products harmful to health (faints, aldehydes etc.) which cause headache lack of appetite or thirst. Polish Vodka Vyborova practically does not contain any of the impurities given above because they had been removed during rectification by means of special technological methods.
The high quality of Polish alcoholic drinks is guaranteed by a constant technological laboratory check up and by the supervision of the Polish Quality Office. The quality branch standards on each of the vodkas and liqueurs guarantee a uniform and standard product.
Żubrówka (Bison Brand Vodka) — has become a very popular vodka since the last war. It is aromatized by the sweet grass — Hierochloe adorata, growing wild in the Białowieża Forest, in the eastern part of Poland. The grass has a specific delicate aroma giving the Bison Brand Vodka its characteristic aromatic and savoury properties.
This grass cannot be grown artificially because it loses its unusual properties.
Bison Brand Vodka has a logh greenish colour, delicate aroma and original taste. There is a blade of the original bison grass in each bottle.
Bison Brand Vodka is the favourite vodka of huntsmen. The vodka is fine for making various cocktails.

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llowing "Orbis" Information Centres
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is" takes good care of you
land!

POLSKIE BIURO PODRÓŻY ORBIS







number of tourists visiting
nd is growing from year to
. They come to see monu-
ts of culture and art to admire
beauty of the scenery.
ughout the year every tourist
find something pleasant and
ctive to him.
s a hunter will spend his va-
n at shoots, a skier during
winter season in beautiful
ntain regions and a lover of
g on horseback may spend
a so-called "holiday in the
le" in specially organized
eriding centres.
ic lovers may satisfy their
y for music at excellent con-
s held in the Warszawa Phil-
onic, Poznań Opera or that
rocław.
ever, there is something in
nd which a tourist will not
in any other country. Let's be
st, impressions alone is not
tyhing. Man has a stomach
a palate. Only the renowned
es of Polish cuisine are able
tisfy the sense of taste and
ase profitably the stomach.
is so because of the fol-
ng factors.
ly, the quality of Polish
ucts. The secret of the
llent quality of Polish pro-
s in general and of animal
in particular consists in the first class raw materials used for production.
For example Polish farmers in fatting pigs, poultry or other domestic animals use exclusively natural fodder. This is indeed the most expensive feed, but it provides in effect wholesome products with high values of tastiness. The flavour of Polish ham with its excellent appearance and consistency, Polish smoked fillets, bacon and sausages are the best delicacies for the most fastidious consumers. For persons prefering more tender meat the most appropriate food is poultry. The basic characteristic of Polish poultry is that in comparison with other European poultry the taste qualities are remarkable for their natural and refined flavour.
Secondly, the renowned for its tradition Polish cuisine. Obviously not everybody knows how to prepare a good meal from good products. Polish ORBIS restaurants have at their disposal renowned masters in the art cooking. They are holders of many diplomas, gold and silver medals won at various international culinary competitions and may boast of collections of letters of thanks from guests from abroad. The fact that more than 60 per cent of visitors from abroad staying at ORBIS hotels avail themselves of the board is an indication of the power of attraction of Polish cuisine and of the great art of ORBIS chefs in preparing traditional Polish meals.

Here are, as an example, a few dishes of the Polish cuisine which are to be found on the menu of ORBIS restaurants:

— Sturgeon sauté, champignons, tomato salad, fried potatoes
— Picke sauté, champignons, tomato salad, fried potatoes
— Stuffed picke with sauce poulette, vegetables, noodles
— Smoked salmon pilaff with Parmesan cheese
— Chicken à la polonaise, green salad in cream, pailles potatoes
— Roast duck with apples, fried potatoes
— Turkey à la broach with cranberries, pailles potatoes
— Roast guinea fowl on bacon, cranberries, pailles potatoes
— Cold clear borshtch with cucumber
— Clear borshtch with raviolis and sliced cured pork
— Polish Chłodnik with sliced veal
— Champignons in cream
— Perch à la polonaise, hollowed-out boiled
— Braised mutton in cream sauce, mashed butroots, mashed potatoes
— Zrasy (beaten beef slices), pearl groats, lettuce, fried potatoes
— Escalopes of veal à la Cracovienne, groats, beans, tomato salad, fried potatoes
— Pickled porc shank "Golonka", cabbage, potatoes à la polonaise
— Roast goose with apples, fried potatoes
— Partridge in cream sauce, cranberries, potatoes à la polonaise
— Roast pheasant on bacon, cranberries, pailles potatoes
— Hare in cream sauce, mashed beetroots, mashed potatoes.

The best selection of dishes of the Polish cuisine is at three ORBIS hotels: namely: the ORBIS-BRISTOL in Warszawa (opened in 1862), the Hotel BAZAR in Poznań (opened in 1844) and the Hotel FRANCUSKI in Kraków (opened in 1912). The modern Hotel CRACOVIA in Kraków strongly competes with the latter. The said hotels have traditions of many years standing in the serving of dishes with a refined flavour. Anyway this is difficult to describe, this must be tasted.

The Kitchen



s the World



NGS TO REMEMBER ABOUT NUTRITION

r most of us have held the view that nutrition is to e two purposes : satisfying the sensation of hunger he one hand and cur individual tastes on the other. ll tend to eat whatever appeals most to our palate e given moment. And yet we must remember that ur organism there exists no system which would enough signal the lack of certain substances in our and should this be the case, our own health, im- ity against various diseases and working efficiency ndangered. It is therefore necessary that our orga- be supplied with an adequate amount of diverse itive substances indispensable in order to :

uild up and rebuild tissues,

eep up vital energy and enable us to perform physi- ctivities,

ontrol all the life processes taking place in human nism.

substances in question appear in various foodstuffs. ce, the richer and more varied our menu, the greater e likelihood that our intake of all the necessary in- ients will be sufficient. According to current esti- ons the number of these substances is about. 40 may be divided into five fundamental groupes :

ROTEINS, essential for the building up of tissues, aken in through the consumption of animal origin ucts, milk, cheese, meat, eggs and seeds of legu- ous plants.

ARBOHYDRATES which are a source of energy for ife processes to occur, appear mostly in corn pro- s, potatoes and sugar.

ATS, a concentrated source of energy, must be , otherwise (if rancid — yellow) are harmful to th.

ITAMINS belong to the indispensable elements ch control most metabolic processes in human nism and are supplied chiefly by plant origin food. min A is found in yellow, red and green plant parts is stored as well in animal fats. Liver, carrots, butter eggs are featured by a particularly high content of vitamin. Vitamins of the B group appear in abun- e in corn seeds husks, liver, pork meat and fish. of the most important is vitamin C. Its intake must ontinually supplemented (like that of the B group nins), since it is excreted from the organism within rt time. Cabbage group vegetables, fruit, tomatoes, generally green parts of plants, as well as potatoes hey are eaten in large quantities) are considered to chest in the vitamin. Vitamin C is easily disintegra- especially under the effect of high temperature and iversely affected by even a small amount of iron or racted soaking of vegetables and potatoes in water re cooking brings about a remarkable loss of this able substance.

MINERAL SUBSTANCES. Among the twenty mine- ubstances which appear in our organism the most ntial are those of which bones and other parts of body are made up, i.e. calcium, phosphorus, sulphur, nesium, sodium, potassium, iron and chlorine : they unt for 90 per cent of all the mineral substances pre- in the human organism. The remaining 10 per cent manganese, iodine, bromine, fluorine, zinc and rs, which just as vitamins are found in a small unt only and yet their absence causes all sorts of ents.

precious substances are absorbed with milk and products, fish, vegetables and fruit.

us keep in mind that rational diet does not depend he excessive consumption of meat, eggs, butter and r fats, but primarily on the correct selection of e products which may meet our demand for all the ntial ingredients.

an working moderately hard spends an average of t 3,000 calories. This amount of energy is provided bout 70 g of protein, 70 g of fat, about 500 g of carbo- rates, the requirement for certain vitamins being ollows : vitamin A — 5,000 mg, B group vitamins B2) — about 1,7 mg, vitamin C — 75 mg.

ust be added that the amount of energy which is rated during the combustion of particular ingre- ts in our body is constant and equals 4 calories as sult of consumption of 1 g of protein, 9 calories — of fat, and 4 calories — equivalent of 1 g of carbo- rates consumed.

icular meals should be made up of properly chosen ducts and ought to comprise as much raw fruit and tables as possible.

ecial effort should also be made to avoid monotony ch is the primary cause of latent hunger. As we are ing attention to the significance of variety in food, s remind that of 350,000 plant species growing in world, only 600 are served on our tables, and of 2,000,000 animal species, the number of those which are commonly consumed does not exceed 50 species.

We would be well advised, therefore, to place more emphasis on introducing a wider range of foodstuf into our family menu.

The below given table presents the value of particular foodstuffs.

1. THE CALORIFIC VALUE OF 100 G (10 DKG) OF CERTAIN FOOD PRODUCTS :

Pork fat	896 calories
Sugar	400 „
Beans	349 „
Cabbage	20 „
Bread	240 „
Pork meat	240 „
Full-fat milk	60 „
Potatoes	58 „

2. PROTEIN CONTENT IN 100 G (10 DKG) OF CERTAIN PRODUCTS :

Full-value protein	
Full milk (about)	4 g
Cottage cheese	24 g
Eggs (2 pcs.)	13 g
Sausage	14 g
Lower-value protein	
Peas	24 g
Beans	21 g
Whwat flour	11 g
Potatoes	1 g
Cabbage	1,5 g

3. PORTIONS OF FOOD CONTAINING 100 CALORIES :

11 g pork fat	28 g sausage
25 g sugar	115 g fat-free curd
41 g bread	185 g apples
147 g potatoes	435 g cabbage
188 g milk	

4. VITAMIN C CONTENT IN 100 g (10 DKG) OF CERTAIN PRODUCTS IN MILLIGRAMMES:

Black currants	194
Green parsley	193
Strawberries	57
Cabbage	40
Potatoes (in autumn)	20—33
Potatoes (in spring)	7— 8
Milk	1
Lettuce	15

5. VITAMIN A CONTENT IN 100 G (10 DKG) OF CERTAIN PRODUCTS IN MILLIGRAMM ES:

Carrots (average)	8,000
Butter	2,700
Liver (about)	4,000
Eggs	1,000
Lettuce	373
Potatoes	13—L5

Note:100 mg = 1 g

MUST WE BE OLD?

From the very beginning of the life of a human organism, all its cells undergo continual changes, the ultimate aim of which is ... death. That sounds almost like a paradox, but that is the virtual rythm of life of the complex organism determined by Nature. Only the simplest one-celled organism enjoy biological immortality for when they grow old they are divided into two new individuals.

The complex process of transformation which cells undergo throughout all their life is called "biomorphism". At first there is the period of creation and building up of the organism, then its full effieciency and finally the period of retrogressive transformations which lead to complex cessation of vital processes. Such a physiological death resulting from brain tissue failure is an unusally rare phenomenon even among people, who have reached longevity. Death — if it has not been caused by some external factor — most frequently is the consequence of pathological processes which are not connected with the age of the patient.

What is the reason for the physiological aging of the organism? This question has been harassing for years not only physicians and biolofists but even philosoph searching for the sense of life. Mechanistic theories them in the exhaustion of the supply of "vital energ which was expressed, for instance, by a reduced m bolism in older people. The American physiolog J. Loeb, believed that death and aging of the organ was caused by the exhaustion of some unknown c mical substance, indispensable for life. Another v is represented by the so called poisoning hypothe according to which the reason for aging is a grad accumulation of viruses in the organism. These viru are supposed to be products of metabolism of indivi cells. According to the famous Mechnikov, the colo the place where the viruses are created — and by rem ing it, the process of aging could be checked. The act of cosmic rays to which we are continually expos was also held to be the cause of aging. It was a believed that the constant accumulation of radium the organism, breathed in from the atmosphere che the renewal of plasma which in turn checks the renew of all the cells. Still another view is represented by p siologists, who believe that the cause of aging is original strophy of organs particularly important to such as the thyroid gland, hypophisis, sexual glands diencephalon.

One of the most modern is the theory of transformati in the colloidal cells, consisting in a gradual reduct in the dispersion of the colloids. This is the so-cal hysterisis of colloids. But this theory also speaks of symptoms of aging but says nothing about its dir cause.

Besides studying the causes of aging and dying, a sea has been going on since the oldest times for a medic to counteract aging. The search has, however, provec be futile, even though literature and also science abou in examples of miraculous rejuvenation. Veronov's m thod, consisting in transplanting into man the testic of a monkey, aroused in its time much hope. Simi hopes were also laid in the serum of Bogomoltzev o gericaine treatment. The press reported happy mar ges contracted by 70-year old newlyweds at the geria sanatoria of Rumunia, of the remarkable apperance the patients and their excellent general feeling. O a part, hewever, of the unusaully complex problem revitalization of older people is contained in all th methods. It is obvious that prevention of aging is a m ticomplex problem and should be begun, in princi immediately after birth. Naturally we pass over all thological matters, which considerably accelerate complicate the process of aging, and which are unjus attributed to old age. Thus, Hufeland's old adage numbering over 100 years — that if one wants to long, one should select proper parents, has lost noth of its topicality. A healthy and active old age, fully tisfied with life, can be attained only when youth been healthy. Hence, it is important to have healt parents transfer to their offspring genes that are of value, and that infancy, childhood and youth, depend to a considerable degree on these parents, would under conditions that would assure of the correct velopment of the young organism so that ultimately mature man could conduct a hygienic mode of living the broadest and best meaning of the word. Other commendations of Hufeland principally boiled do to Man's concentration of all his efforts to prolong life. It seems, however, that a long life at any price is the most important, but the substance with which it filled.

And precisely here do problems of modern geriatry ar as to how to assure old people to be of use to the co munity. The problem is of great importance, since m dicine has considerably prolonged the lenght of Ma life and older people constitute a sizable group of socie

Revitalization, or the improvement of biological forc of an organism covers a number of diverse proble They include, for instance, increasing physical efficie by proper gymnastics, diet, administering the necess vitamins and mineral salts, inciting the psychic acti ties of old people. Besides the problems mentioned examples, there still remains treatment of maladies rassing people advanced in years and which, to a con derable degree, accelerate their old age and make re bilitation difficult.

The problems portaining to geriatry, touched upon he are obviously very generally treated. Practical indi tions as to procedure in individual cases should be fi by the physician after examining the patient, and e the entire comprehensive program of rehabilitat should be carried out under the supervision of a phy cian.

HOW TO FEED THE WORLD POPULATION

It was barely a dozen odd years ago that internatio institutions began to prepare plans for an equable

Sundries

ent of countries. This is connected with the g program of the increasing population in the and its nutrition. The number of population in rld is estimated at more or less 3,200 million.

resent percentage of birth rate remains the same, mber of the world population will be doubled in 2000. The violent growth in the number of the tion in developing countries creates difficult ms in feeding the population.

problems are handled particularly by FAO, a Uni- tions organization. FAO, among others, prepared nosis for production, consumption and trade in roducts for the entire world for 1965—1985. These oses are not promising .Supply in calories amoun- recent years to an average of: 2,900—3,000 calo- r person daily in countries with higher incomes alist countries), developed countries and those ging to the Council for Mutal Economic Aid, whe- developing countries — 2,200 calories (8 coun- including Poland, incicated during the present utrition on a level above 3,200 calories). Consum- f calories was distinctly lower than the minimum d in many countries.

nvisaged that up to 1975 there will be a greater se in the demand for food (3.2 %—3.7 % per year) eloping countries than in the increase of food ction in these countries. The rate of production se in developed countries is to be considerably than the increase in demand.

rincipal problem in developing countries will be crease in the supply of calories. A rapid increase production of the fundamental grains is therefore sary there. Prognoses for these countries envi- hat the grain deficit will continue. Over one half increment in grain production was obtained in st decade by extending the surface area for crops. ture grain production will depend on raising yields rotein deficit will be a difficult problem. There is consumption of animal protein in countries with ncomes, whereas the poorer countries consume pally plant protein. Over 1/3 of the population of oping countries consumes protein in clearly in- ient quantities, and the growth of animal pro- n there is slow and expensive. It will not be po- to compensate the deficit by import from develo- untries. Hence, the participation of animal protein rition will continue to be at an unsatisfactory level. preciable opportunity for leveling out the needs in countries is to continue to increase the production nt protein by developing the cultivation and con- tion of leguminous plants.

III Conference of the International Association of ultural Economists was also concerned with pro- pertaining to the nutrition of humanity and the farm population up to the year 2000. Emphasis d in the materials of the conference on the fact he production possibilities in developed and de- ing countries will be very great during this period. nectares of arable land fell to 1 inhabitant in 1960 eloped countries, and 1 hectare in developing coun- These numbers will decrease in 2000 to 1.2 hecta- nd 0.38 hectares in consequence of the growth of ation and expanded urbanization. One must re- er, however, that the vegetation period in tropical ubtropical areas, where many of the developing ries lie, is shorter than in the zone of temperate tes. That means that there are possibilities there taining a higher production per unit surface area. over, however, agriculture in these countries is y underinvested, and frequently almost primitive. tment outlays will be of different character in groups of countries. They will be increasingly uti- in developed countries for mechanization in order ve human labour ,whereas in developing countries will be directed to an immediate increase in crops pplying sowing material, fertilizers and plant pro- n agents. As a result, the number employed in ulture in developed countries will continue to ase whereas it will become larger in developing ries.

ood deficit will become more intense in developing ries; it will amount to 13 % in 1980, and may reach n 2000. In order to compensate it, 13 % of the agri- al production of developed countries will have to nt in 1980 to developing countries, and in 2000— %. The production possibilities of developed ries can cope with such a demand.

g deliberations on the problem, some of the deba- threw a somewhat more optimistic light on it. , the matter was raised that the introduction of technics to a still primitive farming will markedly ase the production results envisaged. Greater suc- can also be expected in many countries in the pro- on of high quality protein plants than in the pro- on of animal (protein) meat. Possibilities of appre- ciably increasing crop yields gives rise to hope. Vegetation crop yields were doubled in many countries during the last 30 years. There are oppotunities of repeating such processes in other countries if the necessary conditions for this will be ensured.

Nonetheless every increase in production in developing countries entailed both thorough investigations to be carried out and elaboration of the most expedient work methods and also the indispendable technical conditions must be ensured and, above all, there must be an improvement in the level of agricultural knowledge of the local farmers.

Will the situation change fundamentally in 2000 or will the food crisis, as anticipated so far, become greater in many densely populated, after all the most densely populated regions of the world? That depends on the growth of the population and on spreading new technologies and the results of scientific research, and finally on the discovery of new ways of producing nutrition means.

PRODUCTS OF THE POLISH SUGAR INDUSTRY

Traditions of the Polish industry date back to 1820 when the first sugar plant in this country was started in Częstocice. Ever since that time the sugar industry has been devoloping to reach the present figure of 77 sugar plants which offer sugar both as side products such as molasses and beet pulp. In addition, our sugar industry has at its disposal 5 auxiliary enterprises engaged in the drying of unprocessed sugar beet.

MOLASSES contain a number of valuable substances which renders them an important semi-product in various industries. It is used in the production of yeast, spirit and citric acid, in the chemical industry and in the pharmacertical industry (a remarkable increase in the consumption of molasses by that industry could be observed in recent years). As far as its quality is concerned, beet molasses are much superior to that obtained from sugar cane, since sugar found in them is composed almost entirely of saccharose, to say nothing of the rich content of biochemical agents conducive to fermentation. The content of invert sugar (a combination of glucose and fructose) in molasses does not exceed 1 per cent while its presence in the sugar cane molasses (characterized by the acid reaction) goes up to 20 per cent.

The quality of Polish beet molasses is best illustrated by the following standards :

polarization — min 47
Brlx. grades — min. 77
invert sugar — max. 1 per cent

Polish molasses are delivered to foreign customers by 1,000 ton ships or over greater distances by ships of 10,000 t — 15,000 t deadweight. When exported by land, molasses are transported in railway cisterns of about 20 t capacity each.

DRIED PELLET BEET PULP — extremely valuable carbohydrate fodder for cattle and pigs is greatly sought after.

The article is wholesome and well-dried, its parameters being as follows :

water content — max. 14 per cent
sugar content — max. 8 per cent
diameter of granules — 11—12 mm

The commodity is delivered in bulk.

DRIED SUGAR BEET — a fodder highly valued for its high sugar content. Available in the form of flakes, carved or ground, depending on the requirements of individual importers.

SUGAR BEET FLAKES AND CARVED SUGAR BEET contain :

sugar — min. 60 per cent
water — max. 12 per cent

and are packed in jute bags or five-layer paper bags of standard weight 50 kg.

GROUND SUGAR BEET of

sugar content — min. 60 per cent
water content — max. 10 per cent

is offered in five-layer paper bags or jute bags holding 60 kg.

Kindly address all your inquiries concerning the products of the Polish sugar industry to the sole exporter :

Foreign Trade Rnterprise
POLIMPEX
Warszawa, Al. Jerozolimskie 66

Phone : 26-20-11, Telex : rolimpex 81-43-41,
Cables : Rolimpex — Warszawa

imes were over when the appearance of Lucian
ius Lucullus provoked cheers or outbursts of
ity on the part of crowds in the street. In those
of the past his ardent followers and sworn ad
ries continued their heated argument long after
tter had disappeared. Yet, ever since Lucullus,
g celebrated his triumph after the wars with
radates and Tigranes, retired from public life,
longer had enemies. Or, perhaps, his former
onists came to share the general feeling of
dliness towards the amiable elderly man who,
years of war exploits, of tiresome expeditions
d countries, enjoyed the peace and quiet amidst
normous riches, in his palaces, villas and gar-
He was still much talked about, but nothing of
was being said could agitate people's minds,
er the fact that he invented a new dish nor that
ught some new statues. People got used to put
ith his wealth the easier that they finally came
alize to what extent his conquests contributed
e power of Rome and that plenty of gold had
into Rome through the furrow ploughed by
word. Moreover, even his whims came to be
d upon as something that embellished the
ious age of glory brought about by his vic-
us colours.
thus, when one day he got of his litter to have a
at books offered by an itinerant book-seller
the Phabius arch, the crowd in Forum formed
tant circle and an amicable murmur could be
. In the meantime, Lucullus rolled up and un-
volumes, putting aside those which he had
tion to buy, asked about the price and some
bystanders laughed as they watched him bargain with the seller. It seemed as if the crowd was under some kind of spell, fascinated by his every gesture, as if no-one was able to turn volumes the way he did, or to throw his toga back when its lap fell down on his bent arm just as he did it.

Only the arrival of two other men made the crowd move slightly nearer. They were Pompey and Cicero who were coming back from the curia and met in the very same place. Lucullus saw Cicero first and smiled. A shadow passed through his forehead when he saw Pompey, but it disappeared in a twinkling. They shook hands.

Smiling, Cicero said unexpectedly, "We would like to dine with you, Lucullus." Pompey was surprised, Lucullus lifted his eyebrows a little, but he replied immediately, "You are welcome, just name your day." "But I mean today. We're coming back from the Senate and we're very hungry," said Cicero.

Lucullus wished to invite them for the following day. He feared he would not be able to receive them in a worthy manner, unprepared.

"That's just what I have in mind", said Cicero" "Nothing else than your ordinary meal. Just the meal you take every day".

He did not want to let him talk to the servants.

"Let me tell them but two words", asked Lucullus.

"All right, all you can say is two words and not a single word more".

Lucullus called a slave who stood by his litter and said, "At the Apollo's."

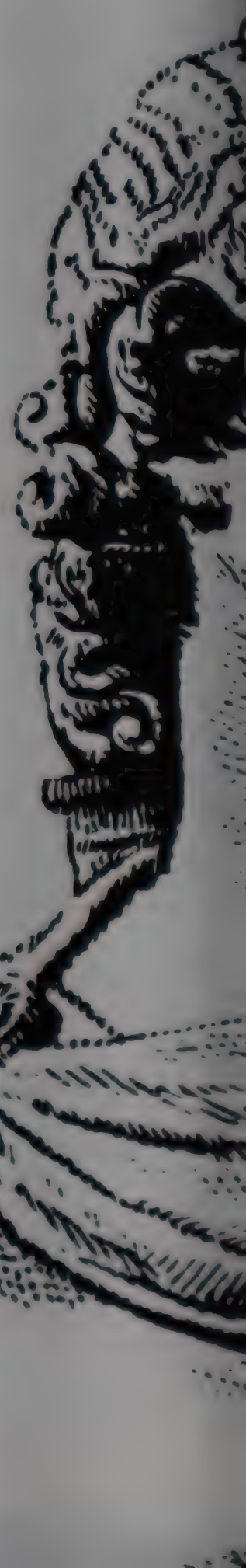
The slave bowed and departed with others who were carrying the litter.

The three consulares walked, although Forum w
quite a way off from Mons Pincius where Lucull
lived. It was Pompey who found the distance esp
cially great, as he did not know what to say
Lucullus whom he had wronged and considered
be his enemy. He was, therefore, in a bad mood, a
kept silent. Cicero's good-natured loquacity annoy
him and he was almost glad to see Lucullus' hou
at last. The door of the villa was decorated wi
fresh flowers as if visitors had been expected.

"Is anyone else coming?" asked Pompey amaze

"No, these flowers welcome you", answered Lu
cullus.

A CHERRY TREE



by Jan Parandowski

Parandowski, Polish philologist and novelist, is an inent connoisseur of ancient literature and culture. His nslations include Homer's "Odyssey", Caesar's "On the il War", Einhard's "The Life of Charlemagne" and many er works. Himself a prolific writer, Parandowski is widely own as the author of "Mythology", "My Rome", "Pe-ch", "The Olypic Discus", "Two Springs", to mention a few of his works. The writer's rich literatury output oraces also short stories and novels. The subject matter a short story entitled "A Cherry Tree" seems to fit well o our line of interest and that is why we have decided to sent it to our Readers.

Editorial Board

o was walking across the hallway with an air of
iarity, as a man who had been there before, but
pey who in his everyday life believed in frugality
ng on parsimony, was struck by the splendour
e interior. Every step deepened the impression.
e was a great deal of marble everywhere, al-
gh marble was yet a rarity in Rome. Lucullus.
ved them into a gym tiled with plates of black
le covered with thin red veinlets; he was the
o bring this marble from the island of Melos.
passed a number of chambers remarkable for
splendid ceilings with coffers engraved, co-
d with a thick layer of gold or ivory, richly ador-

ned with bronze and marble. Cicero wished to appear a connoisseur: he gave vent to his delight at every piece of sculpture, although he occasionally mistook Phidias for Praxiteles.

To be sure. Lucullus had a very rich collection of works of art and he paid tremendous sums of money for old Greek masters and though it occurred to him to purchase a copy in place of an original painting, he had enough good taste and knowledge to receive the mistakes of the eminent orator with a quiet smile.

Pompey was interested in the cost of every single object and he spent most time looking to a display of precious stones which included among others an emerald with the likeness of Ptolemy engraved on it, which had been presented by the King himself to Lucullus during the latter's stay in Egypt.

They entered the library. Cicero's face beamed at the sight of long rows of volumes, and even more so when he saw a bust of his among those of other famous men. At tables several Greek philosophers were seated who came here to read, lead debates and who, as a matter of fact, were supported by Lucullus.

Pompey gave them a disdainful look,

"I don't like philosophers", he said. "I happened to hear one attempting to prove that people, the same way as cress, grew out of soil".

"That's true", agreed Lucullus (in his house a guest was always right)", philosophers err in the simplest things".

"And isn't it an easy job to be a philosopher. It takes ten times more pains to teach a slave the art of confectionery than to educate a philospher".

"And don't forget", smilled Lucullus, "that it is for a cook that you have to pay most at an auction".

"The subject of your conversation is leading us straight to the dining room", remarked Cicero.

"We are just entering it", said Lucullus, retreating a little so as to let the guests pass into the neighbouring room. They entered the hall of Apollo which derived its name from the statue of that god shown standing under a tree and aiming an arrow at a lizard running along the trunk. A fresh breath of the adjoining orchard welcomed them as they came in, since there was no wall between the hall and the garden. Cicero, a great lover of trees, was contemplating the beauty of the orchard and especially of the rare species of trees found there.

Chestnuts and almond trees which became common in latter-day Italy were still hardly known. Lucullus assigned the care of each particular species of trees to different slaves, and he was most concerned about

his damson and fig trees from Chios, Lidia a
Africa. He brought slaves along with the trees a
sometimes he transported soil from the same local
as well. The orchard was surrounded by a gro
made up of ivy, laurel and boxwood, the latter c
into fantastic shapes. Cages with strange birds, so
to be served on the master's table as well as w
singing birds, were hidden in the bush.

In the Apollo's hall three couches had been prepare
inlaid with tortoise shell and ivory and covered w
the most expensive Babylonian carpets. But Cice
went into raptures upon seeing the table which w
placed in the middle of the room.

"Look, Pompey, this is the famed citrus which grow
in the high African mountains. Attic has a table li
this, but his is far smaller than this one. Citrus is th
and it seldom happens to come across a trunk thi
anough for a table plate to be made thereof. And th
one here is just marvellous and must have a diamat
of at least three feet".

"Four", said Lucullus.

"Four ! And look at these beautiful rings !"

As soon as they took their seats at the table seve
slaves brought in snacks arranged on dishes of a
cient silver There were oysters from the northe
seas, thrushes with asparagus, poulards, ragout
sea shellfish, guinea fowl baked in pastry, white a
black chestnuts. The guests ate but little, looki
forward to the dishes which were to follow. Wh
the table had been cleared, water flavour with scen
was carried in but odour of flowers with which t
room had been decorated was still stronger. Then
whole boar was served which was divided into
dozen parts, each of them prepared in a different wa
On the same dish arranged in a ring were turnip
lettuce and radishes, and a piquant sauce of sea fi
was served separately: all of those additions cou
not but appeal even to the most indifferent pala
Pompey said, "If I had not witnessed your talk
Forum, I would have sworn you had arranged t
feast beforehand".

"And, as a matter of fact", asked Cicero, "by wha
ever magic have you managed to do it all, Licinius
"But you have heard, haven't you ?"

"I've heard only two words, At the Apollo's".

"This is just the magic you wanted to know. I ha
a few tricliniae which are called various names a
my servants have been told once for all what kind
dinner is to be served in each of them. Here for i
stance a dinner below a hundred thousand sesterc
cannot be served".

"Well", said Pompey, "and yet I cannot understa
how all this could have been done within such
short time".

"There is nothing surprising about this", cried C
cero. "Do you remember, Lucius, Scaurus aski
you to lend him a hundred coats for actors w
were to appear in the performance he was produ
ing ? You wrote in reply you did not think you co
possibly have so many coats in your house, but y
sent him five hundred coats. He has such a gr

r of servants ... he would not acknowledge. Even
hat he hardly knows how, where and when
get done in his house".

lazingly large muraena, which seemed to
rrounded by small sea crayfish in a huge bowl
the third course. The caudle which accom-
that dish was such a delicacy that the cook
nt for to tell the secret of his recipe. And thus
d out that both olive and vinegar, mackerel
and vegetables of diverse kinds cooked in
ar old wine, came into it. Afterwards no-one
either at goose livers or at Spanish hares or
ks fed up with figs. Instead, attention was
o fruit and wine poured into glasses of moun-
ystal. At the sight of a dancer who came to
er art, Pompey, known for his austerity, frow-
nd Lucullus sent her away.

pondered a while and said, "I know her. She
ysia. She felt hurt when she had to leave
ave to pay her a lot for it, Lucius. She charges
housand for a single performance and she is
to demand more for this evening".

sk was falling. Birds in the bush went to
he orchard seemed to emanate an even more
ting odour of flowers and the murmur of
n the nympheum reached their ears. It was
at the first lamp was lit bringing out of the
grotto all covered with perlit: oil flames creep-
silence lighted and dimmed the opal colours
were glittering incessantly. Lamps were lit
dining hall, too. A long silence ensued and
cero said suddenly, "I'd love to know how our
will inscribe themselves in human memory.

hall we leave behind us?"

s raised himself somewhat on the couch.

is nothing you, Marcus, could worry about.
g as people who speak our language live,
will forget what you have done for its glory.
y wars you have conducted are of the noblest
vars of toughts and words. You've never
other soldiers, centurions and legates besides
ns, adjectives, verbs and nouns. You've been
eat commander. There was no-one before
o could arrange the formations of word as
uld, no-one was able with equal mastery to
long, joyful procession of periods. The most
ul conqueror is given a chance to celebrate
o, three, at the most, triumphs, but with you
re different. You will for ever, throughout the
come, appear in your triumphal purple, and
will ever be able to deprive you of it".

closed his eys so as to hide the humid mist
by this vision of the obscure, great future
s companions' attention.

n Pompey asked, in turn,
hat do you think of the two of us, Lucius?"
ours is a different case". We've fought with
nd steel, that is with wrath and passion.
e wrath and passions which have motivated
ds are alive in people, they will remember us
er to us. Yet when they grow indifferent to
se of Parthian kingdoms and the threats of
ates, they will hardly understand what we
for and what we were striving to achieve".
litated for a while and added.

t me tell you, Pompey, that your destiny and
e also unlike each other. As to me. I can
take a more distant view of my fate. I can
no change in it, save for that I can move to my
ar Naples or to some other when I find life
o boring, and that I may have trouts cooked
Samos wine instead of that from Tibur and
sweet. While, if we wished to know what
olds in store for you, we should have a fourth
ion who is now far from here".

nderstood he meant Julius Caesar. Lucullus
that Pompey turned red in face and changed
ject at once.

Pompey. The moon has come out and the
is as bright as if it was daytime. You see
e in the middle, don't you? The small one
ed-brownish trunk. You can scarely perceive
s which are small and do not hide the boss.
e gets an impression the three is all covered
ow. When the period of blooming is over,
ears, at first green and tart, but not as much
is ripe. The trees of the first in [illegible]

ength and quench thirst. I found it in Asia when I
was chasing Mithradates. I picked some fruit, but it dried up and only stones remained. I planted the stones here and, as you can see, they have taken. Ever since that time I have planted the tree in all of my orchards. I love this tree. And if you want to know what I think, I'll tell you: this handful of stones which I brought in a small bag will mean more to future generations than all the treasures of Mithradates and Tigranes which have been offered by me to Rome. And when no more trace of the sleepless nights I spent exploring woods, mountains and snowy lands, and of all the blood which I shed at the time, is seen, even then bees will fly and buzz peacefully among the white petals".

"What do you call the tree?" asked Cicero.
"Cerasus. I called it so after the name of the place where I first came across it".

The three men grew silent. Amidst the bushes of the orchard nightingales began to sing their song of spring.



FOR STAMPS COLLECTORS

The Polish Post Office has introduced in February of 1970 the fourth consecutive series of postage stamps representing birds. This time the birds are game birds. The previously issued series were: the first — issued in 1960 is a twelve-stamp set entitled "Birds under Protection" (Michel catalogue Nos. 1197—1208), the second, in 1964 — a ten-stamp series "Ater Birds" (M — 1490—1498), the third consecutive series was issued in 1966 is a nine-stamp series "Forest Birds". About the fourth series from this beautiful cycle we offer some information.

The series consists of eight stamps printed in multi-colour offset on chalk paper in 20 stamps sheets. The stamps are of square format (by the way as the three previous "bird" issues). The individual stamps represent the following birds:

40 gr — mallard (Anas platyrhynchos) the most common wild duck, the ancestral species of the domestic duck on the stamp a drake in its mating plumage in natural surroundings.

60 gr — pheasant (Phasianus colochicus) in ancient times was brought to Europe from Asia. Found all over Poland (is sometimes bred). Lives in fields and sometimes in afforested areas. On the stamp a cock during the mating season.

1.15. zl. — woodcock (Scolopax rusticola) lives in wet forests all over Poland, but especially in the north-western part of the country. It is a bird of passage. In the early spring male woodcocks perform characteristic tooting flights, so-called passage flights. Its plumage is of highly protective colouring.

1.35 zł. — ruff (Philemachus pugnax) a shore bird, the males are famous for their remarkable changeability of their colouring during mating time. They toot in clusters and perform ritual tournaments. They live on wet meadows, they migrate. In Poland they are found in the country's eastern regions. On the stamp two cocks on the tooting ground.

1.50 — ring-dove (Columba palumbus) is common wild throughout Poland. It is a migratory bird and lives in forests in parks of towns.

3.40 zł — black grouse (Lyrurus tetrix) is found in small numbers throughout the country. More of them are encountered in north-eastern and piedmont regions. It lives on moorlands and marshes. On the stamp a tooting cock.

7.00 zł — partridge (Perdix perdix) a sedentary bird living mainly on cultivated fields. It is common in the lowlands all over Poland. On the stamp a pair during hatching time (on the left a cock).

8.50 zł — woodgrouse (Tetrac urogallus) is found rarely in the large virgin forests of Pomerania, the eastern regions and in the mountains of Poland. On the stamp a tooting cock.

A certain philatelic anomaly is the lack of the name of the bird on the stamp as is an international custom that on stamps of this type the name is put in the native language and in Latin. This lack undoubtedly added to the neatness and clarity of the grafic elaboration, but is is somewhat of a drawback from the didactic and collector's point of view. This lack was also surelly felt by the issuers, since they included the information on the left margin of the souvenir sheet. We present one such inscription.

We have called this series "the fourth — the most beautiful" because the designer of all the "bird" sereis issued by the Polish Post Office is the same graphic artist, Mr.Jerzy Desselberger. In our opinion the discussed series proves the development of the designer's talent and the series will probably hold a worthy place among all the naturlistic series issued by the Polish Post Office.


40
POLSKA


135
POLSKA


60
POLSKA


115
POLSKA


7
zł
POLSKA


340
POLSKA


150
POLSKA

850
POLSKA

Agricultural food products from Poland are exported by

AGROS

Foreign Trade Enterprise
Warszawa, Żurawia 32/34

ANIMEX

Import-Export Enterprise
Warszawa, Puławska 14

HORTEX

Foreign Trade Enterprise
Warszawa, Warecka 11a

POLCOOP

Foreign Trade Enterprise
Warszawa, Kopernika 30

ROLIMPEX

Foreign Trade Enterprise
Warszawa Al. Jerozolimskie 44

RYBEX

Foreign Trade Office
Szczecin, Odrowąża 1

SPOŁEM

Foreign Trade Office
Warszawa, Grażyny 13

